

SEPTEMBER TO DECEMBER 2018 COURSE SCHEDULE

HEALTH PROMOTION



Mental Fitness & Suicide Awareness Supervisor	10-11 October	0800-1600 hrs/ 0800-1200 hrs
	13-14 December	
Mental Fitness & Suicide Awareness General	30 October	0800-1600 hrs
Alcohol, Other Drugs, Gambling & Gaming Awareness Supervisor	18-19 September	0800-1600 hrs/ 0800-1200 hrs
	15-16 November	
Alcohol, Other Drugs, Gambling & Gaming Awareness General	4 October	0800-1600 hrs
	6 November	
Managing Angry Moments	25-27 September	0900-1600 hrs
	20-22 November	
Stress Take Charge	23-24 October	0900-1600 hrs
	4-5 December	
Weight Wellness Lifestyle Program	(2 Day Course) 30 November & 7 December	0800-1600 hrs
Top Fuel for Top Performance	16-17 October	0900-1600 hrs
Inter-Personal Communication	2-3 October	0900-1600 hrs
	27-28 November	

Registration is mandatory.
FREE to CAF members and their families, DND and Civilians employees.

Call ext. 4685 to register or visit
www.cafconnection.ca/Petawawa

Health Promotion in the Canadian Forces
**STRENGTHENING
THE
ÉNERGISER LES FORCES**
Promotion de la santé dans les Forces canadiennes

