

HEALTH PROMOTION



JULY & AUGUST 2018 COURSE SCHEDULE

Mental Fitness & Suicide Awareness Supervisor	17 & 18 July	0800-1600 hrs/ 0800-1200 hrs
Managing Angry Moments	10 & 12 July	0900-1600 hrs
Stress: Take Charge	14 & 16 August	0900-1600 hrs
Top Fuel for Top Performance (Iron Warrior)	5 July	0900-1600 hrs
	2 August	
Respect in the CAF (Pte to MCpl)	25 July	0800-1600 hrs
	22 August	

Registration is mandatory.
FREE to all 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 FORCES
ÉNERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes

