

# 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](http://www.cafconnection.ca/Petawawa)

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

