

## 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 & 15 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](http://www.cafconnection.ca/Petawawa)

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

