



# health promotion



## Health Promotion Schedule

### Winter/Spring 2020

PROGRAM	DATE	TIME	LOCATION
<b>DECEMBER 2019 COURSES:</b>			
<a href="#">Mental Fitness &amp; Suicide Awareness (MFSA) (MITE Code)</a>	10 Dec	0800-1600 hrs	Dockyard
<a href="#">Stress.calm</a>	12 & 13 Dec	0800-1600 / 0800-1200 hrs	Shearwater
<a href="#">Family Violence Awareness</a>	13 Dec	0800-1200 hrs	Stadacona
<b>2020 COURSES:</b>			
<b>NEW!</b> <a href="#">Better Health: Cooking Classes</a>	9 Jan	1300-1530 hrs	RA Park
<a href="#">Better Health: Fundamentals</a>	27 Jan – 16 Mar <i>Mondays only</i>	1300-1530 hrs	Dockyard
<a href="#">Better Health: Fundamentals</a>	30 Jan - 19 Mar <i>Thursdays only</i>	1300-1530 hrs	Shearwater
<a href="#">Better Health: Nutrition Edition</a>	14 Jan	0800-1530 hrs	Stadacona
<b>NEW!</b> <a href="#">Better Health: Cooking Classes</a>	15 Jan	1800-2030 hrs	RA Park
<a href="#">Managing Angry Moments</a>	16, 23, & 30 Jan	0800-1100 hrs	Shearwater
<a href="#">Respect in the CAF</a>	21 Jan	0800-1600 hrs	Shearwater
<a href="#">Respect in the CAF</a>	22 Jan	0800-1600 hrs	Dockyard
<a href="#">Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)</a>	28 & 29 Jan	0800-1600 / 0800-1200 hrs	Shearwater
<b>NEW!</b> <a href="#">Better Health: Cooking Classes</a>	30 Jan	1300-1530 hrs	RA Park

PROGRAM	DATE	TIME	LOCATION
<a href="#">Mental Fitness &amp; Suicide Awareness (MFSa) (MITE Code)</a>	5 Feb	0800-1530 hrs	Shearwater
<a href="#">Respect in the CAF</a>	18 Feb	0800-1600 hrs	Willow Park
<a href="#">Respect in the CAF</a>	19 Feb	0800-1600 hrs	Shearwater
<a href="#">Stress.calm</a>	20, 27 Feb, & 5 Mar <i>Thursdays only</i>	0800-1200 hrs	Stadacona
<a href="#">Better Health: Top Performance</a>	25 Feb	0800-1600 hrs	Shearwater
<a href="#">Better Health: Nutrition Edition</a>	4 Mar	0800-1530 hrs	Dockyard
<a href="#">Better Health: Nutrition Edition</a>	5 Mar	0800-1530 hrs	Shearwater
<a href="#">Mental Fitness &amp; Suicide Awareness (MFSa) (MITE Code)</a>	12 Mar	0800-1530 hrs	Willow Park
<a href="#">Respect in the CAF</a>	24 Mar	0800-1600 hrs	Willow Park
<a href="#">Respect in the CAF</a>	25 Mar	0800-1600 hrs	Shearwater
<a href="#">Mental Fitness &amp; Suicide Awareness (MFSa) (MITE Code)</a>	6 Apr	0800-1530 hrs	Shearwater
<a href="#">Inter-Comm (Interpersonal Communication)</a>	15 Apr	0800-1530 hrs	Shearwater
<a href="#">Respect in the CAF</a>	21 Apr	0800-1600 hrs	Dockyard
<a href="#">Respect in the CAF</a>	22 Apr	0800-1600 hrs	Shearwater
<a href="#">Managing Angry Moments</a>	23, 30 Apr, & 7 May	0800-1100 hrs	Willow Park
<a href="#">Better Health: Nutrition Edition</a>	11 May	0800-1530 hrs	Stadacona
<a href="#">Better Health: Nutrition Edition</a>	15 May	0800-1530 hrs	Shearwater
<a href="#">Stress.calm</a>	14, 21, & 28 May	0800-1200 hrs	Shearwater
<a href="#">Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)</a>	19 & 20 May	0800-1600 / 0800-1200 hrs	Stadacona

PROGRAM	DATE	TIME	LOCATION
<a href="#">Respect in the CAF</a>	26 May	0800-1600 hrs	Stadacona
<a href="#">Respect in the CAF</a>	27 May	0800-1600 hrs	Shearwater
<a href="#">Managing Angry Moments</a>	4, 11, & 18 Jun	0800-1100 hrs	Shearwater
<a href="#">Better Health: Top Performance</a>	8 Jun	0800-1600 hrs	Willow Park
<a href="#">Inter-Comm (Interpersonal Communication)</a>	10 Jun	0800-1530 hrs	Windsor Park
<a href="#">Mental Fitness &amp; Suicide Awareness (MFSA) (MITE Code)</a>	16 Jun	0800-1530 hrs	Willow Park
<a href="#">Respect in the CAF</a>	22 Jun	0800-1600 hrs	Willow Park
<a href="#">Respect in the CAF</a>	23 Jun	0800-1600 hrs	Shearwater
<a href="#">Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)</a>	24 & 25 Jun	0800-1600 / 0800-1200 hrs	Stadacona

*\*Please continue to check out our website as we will be adding more  
Cooking Classes Dates in March for Nutrition Month*

**FREE! Open to CAF members, civilian DND employees and CAF dependants 18 yrs +**

For more information and/or to register, please visit [www.cafconnection.ca/Halifax/hpschedule](http://www.cafconnection.ca/Halifax/hpschedule)  
Email: [hfxhealthpromotion@forces.gc.ca](mailto:hfxhealthpromotion@forces.gc.ca) | Phone: (902) 722-4956