

SEPTEMBER TO DECEMBER 2019 COURSE SCHEDULE

HEALTH PROMOTION



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

Mental Fitness & Suicide Awareness Supervisor	8 & 9 October	0800-1600 hrs/ 0800-1200 hrs
	19 & 20 November	
Mental Fitness & Suicide Awareness General	22 October	0800-1600 hrs
Alcohol, Other Drugs, Gambling & Gaming Awareness Supervisor	30 & 31 October	0800-1600 hrs/ 0800-1200 hrs
Alcohol, Other Drugs, Gambling & Gaming Awareness General	12 September	0800-1600 hrs
	13 November	
Managing Angry Moments	24 & 26 September	0900-1600 hrs
	5 & 7 November	
Stress Take Charge	1 & 2 October	0900-1600 hrs
	10 & 11 December	
Top Fuel for Top Performance	16 & 17 October	0900-1600 hrs
Weight Wellness Lifestyle Program	24 Sep 12 Nov	0730-0900 every Tuesday
Inter-Personal Communication	17 & 18 September	0900-1600 hrs
	27 & 28 November	

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

