



# health promotion



## Health Promotion Schedule

### Winter/Spring 2021

PROGRAM	DATE	TIME	LOCATION
Better Health: Nutrition Edition	14 Jan	0800-1500 hrs	Willow Park
Better Health: Top Performance	21 Jan	0800-1500 hrs	Willow Park
Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)	26 & 27 Jan	0800-1600 / 0800-1200 hrs	Willow Park
Family Violence Awareness	12 Feb	0900-1100 hrs	Shearwater
Better Health: Nutrition Edition	3 Mar	0800-1500 hrs	Shearwater
Better Health: Nutrition Edition	4 Mar	0800-1500 hrs	Willow Park
Better Health: Top Performance	10 Mar	0800-1500 hrs	Shearwater
Better Health: Top Performance	11 Mar	0800-1500 hrs	Willow Park
Mental Fitness and Suicide Awareness	18 Mar	0800-1600 hrs	Shearwater
Family Violence Awareness	9 Apr	0900-1100 hrs	Willow Park
Inter-Comm (Interpersonal Communication)	14 Apr	0800-1530 hrs	MFRC Halifax Site
Mental Fitness and Suicide Awareness	15 Apr	0800-1600 hrs	Willow Park
Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)	27 & 28 Apr	0800-1600 / 0800-1200 hrs	Shearwater

PROGRAM	DATE	TIME	LOCATION
Better Health- Nutrition Edition	11 May	0800-1600 hrs	Willow Park
Stess.Calm	13 & 14 May	0800-1600 hrs	Willow Park
Better Heath- Top Performance	18 May	0800-1600 hrs	Shearwater
Mental Fitness Suicide Awareness	20 May	0800-1600 hrs	Willow Park
Better Health: Nutrition Edition	3 Jun	0800-1500 hrs	Shearwater
Better Health: Top Performance	10 Jun	0800-1500 hrs	Shearwater
Inter-Comm (Interpersonal Communication)	16 Jun	0800-1530 hrs	MFRC Shearwater Site
Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)	23 & 24 Jun	0800-1600 hrs / 0800-1200 hrs	Willow Park

**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)  
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