



# health promotion



## Health Promotion Schedule

### Winter/Spring 2021

| PROGRAM                          | DATE   | TIME          | LOCATION    |
|----------------------------------|--------|---------------|-------------|
| Mental Fitness Suicide Awareness | 20 May | 0800-1600 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)  
Email: [hfxhealthpromotion@forces.gc.ca](mailto:hfxhealthpromotion@forces.gc.ca) | Phone: (902) 722-4956

