

## HEALTH PROMOTION



# APRIL TO JUNE 2018 COURSE SCHEDULE

<a href="#">Mental Fitness &amp; Suicide Awareness Supervisor</a>	23 & 24 May	0800-1600 hrs/ 0800-1200 hrs
	26 & 27 June	
<a href="#">Mental Fitness &amp; Suicide Awareness General</a>	10 April	0800-1600 hrs
	12 June	
<a href="#">Alcohol, Other Drugs, Gambling &amp; Gaming Awareness Supervisor</a>	24 & 25 April	0800-1600 hrs/ 0800-1200 hrs
	19 & 20 June	
<a href="#">Managing Angry Moments</a>	17 & 19 April	0900-1600 hrs
	5 & 7 June	
<a href="#">Stress: Take Charge</a>	8 & 9 May	0900-1600 hrs
<a href="#">Weight Wellness Lifestyle Program</a>	5 & 12 April	0800-1600 hrs
	14 & 21 June	
<a href="#">Top Fuel for Top Performance</a>	1 & 2 May	0900-1600 hrs
<a href="#">Inter-Personal Communication</a>	15 & 16 May	0900-1600 hrs

Registration is mandatory.  
FREE for all CAF members and their families, DND and Civilians employees.  
Call ext. 4685 or [EMAIL](mailto:register@cafconnection.ca) to register.

[www.cafconnection.ca/Petawawa](http://www.cafconnection.ca/Petawawa)



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

