

# AWARENESS CAMPAIGNS

- 1 Bell Let's talk January
- 2 Suicide Prevention Week February
- 3 Nutrition Month March
- 4 Mental Health Week Pedometer Challenge May
- 5 Vegetables and Fruits September
- 6 Healthy Relationships October
- 7 Addictions Awareness Week November
- 8 BENA for troop dinners (Exotic Non-Alcoholic Drinks) December

Various activities are organised every year to raise community awareness on healthy lifestyle habits.

Keep an eye on our noticeboards, newsletter and Facebook page to make sure you don't miss a thing.

# OTHER SERVICES

- Book loan
- "Unit break toolkit" loan
- "On the Road to Balance" Newsletter
- Healthy environment development support

## YOUR TEAM



**PSP Bagotville**



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**<https://cfmws.ca/>**



Health  
Promotion

# Serving Your Health

Bagotville



# SERVICES

We empower the organisation, its communities and individuals to remove barriers to health and well-being. We undertake policy, structural and environmental change to support a healthy culture.

Our services are based on evidence, content and best practices developed by subject matter experts from the Canadian Forces Health Services and the Chief, Professional Conduct and Culture.

## Our 4 Components

- Nutritional wellness
- Social wellness
- Addiction prevention and awareness
- Sports injury prevention and active living

## Service Types

- Interactive workshops (30 minutes to a day)
- Health capsules in the units
- Awareness campaigns
- Health needs assessment
- Smoking cessation support
- Motivational support

# WORKSHOP TOPICS

## Nutritional Wellness

- Fundamental concepts of nutrition
- Greening your diet
- Demystifying the nutrition label
- Sports nutrition 101
- The cost of groceries
- Feeding your brain to feel better
- The perfect image: weight preoccupation
- Food supplements
- Hydration and sports

## Social Wellness

- Family violence prevention
- Suicide prevention
- Resilience and adaptation
- Taming negative emotions
- The mental health continuum
- Financial stress
- Inter-comm: Key principles of communication
- Stress management
- Sleep and performance

# WORKSHOP TOPICS

## Addiction Prevention and Awareness

- Canada's Guidance on Alcohol and Health
- Alcohol use: harmless or deadly
- When habit becomes addiction
- Addiction to new technologies
- Energy drinks
- Addiction to electronic games
- Cannabis and health
- Addiction awareness

## Sports Injury Prevention and Active Living

- Sports injury prevention strategies
- Getting ready for a sports' event (nutrition, supplements, sleep)