

JANUARY 2024



# health promotion

## REP NETWORK

*monthly message*

### WHAT IS HAPPENING?

The Rep PD day scheduled for 26 Jan will be moved to September. Stay tuned for the updated Save the Date.

With only 2 programs being offered for January, it is easy to promote them in your unit!

#### Respect in the CAF

9 January **CANCELLED**

0800-1600 hrs

Halifax

#### Respect in the CAF

23 January

0800-1600 hrs

Shearwater

#### Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA)

(MITE code)

30-31 January

0800-1600 / 0800-1200 hrs

Halifax

#### Respect in the CAF

6 February

0800-1600 hrs

Halifax

**NEW:** [National Formal Peer Support Groups are starting at the end of January 2024](#)

### HEALTH DAYS AND THEMES FOR JANUARY:

January is a popular month to renew the vigor to get healthier. As a Rep, use that energy to promote some of these great themes.

- Mental Health Awareness at CFB Halifax 24 Jan 2024
- National Soup Month – Post a calendar with large blocks. Encourage your unit to post pics of their favorite soups and stews this month. Bonus points for those plant-based favorites! Have copies of the recipe available.
- The new Gym at Stadacona is OPEN! – One of the barriers to new activity is unfamiliarity. Encourage your team to visit the gym and check it out!

### WINTER / SPRING 2024 SCHEDULE!

[https://cfmws.ca/CFMWS/media/Halifax/HP%20Schedules/HP\\_Schedule\\_WinterSpring\\_2024-EN.pdf](https://cfmws.ca/CFMWS/media/Halifax/HP%20Schedules/HP_Schedule_WinterSpring_2024-EN.pdf)

To register for programs: <https://cfmws.ca/halifax/core-programs-online-registration>

Visit your Rep Network Portal <https://cfmws.ca/halifax/hp-rep-network>

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