

MAY 2024



# health promotion

## REP NETWORK

*monthly message*

### WHAT IS HAPPENING?

We are gearing up for our next challenge! The Amazing Health Race to run for the month of June. Use this as an incentive to get out, get active, and fine tune your health knowledge at various checkpoints around the base. More info to follow.

### UNIT SHOUT OUTS:

Welcome to new rep Sgt Gordon Commings (36 CBG).

### HEALTH DAYS AND THEMES FOR MAY:

#### NUTRITIONAL WELLNESS:

May 17 National Pizza Party Day (third Friday) – Pizza can be everyone’s favorite! Suggest a healthy pizza competition for lunch or provide a pizza image and have everyone share their healthier options for this favored dish.

May 23 Eat More Fruits and Vegetables Day – Setting an intention to increase vegetables and fruit is the first step, then make a plan. Buy what you like, and make the time to wash, cut and prepare them to make it easy to grab and use on a meal. Share your tips and tricks with others in your workplace.

#### SOCIAL MENTAL WELLBEING:

Menstrual Hygiene Month – collection boxes will be placed around the base to collect donations of menstrual products to be donated to FEED NS.

Hey, have you checked out **Lifespeak**? Access to great content in short, informative videos. Share your favorite, or challenge coworkers to find one that

resonates with them today. <https://caf.lifespeak.com/accessID:canada>

#### ADDICTION AWARENESS & PREVENTION

##### Addiction, mental illness and work: How to manage it and advocate for support webinar

Invite your colleagues, friends and family to add this event to their calendars and join us on May 7, 2024 at 1 p.m. ET. This webinar will be in English but French interpretation, slides and resource links will be available. <https://www.upstreamproductions.ca/20240507-cl-wel-en/canada-life-%7C-webinar-%5Binv%5D>

**31 May World No Tobacco Day** – Are you or someone you know thinking about quitting? With a whole month to ponder a smoke-free-lifestyle, it is a great time to assess why you want to quit and put things in place to set up for success. What would you say to a good friend who wants to quit?

#### ACTIVE LIVING

##### Get ready for the Commuter Challenge for June:

2-8 Jun 2024 | <https://commuter.commuterchallenge.ca/register/individual>

**Workout of the day:** <https://cfmws.ca/sport-fitness-rec/fitness-training/caf-fitness>

##### National PSP Summer Ready Challenge:

5 May - 1 Jun | <https://cfmws.ca/sport-fitness-rec/fitness-training/caf-fitness/summer-ready-challenge>

**PSP Halifax 30 Day Fitness Challenge:**

6 May - 14 Jun | [https://cfmws.ca/halifax/30-day-spring-fitness-challenge-\(halifax\)](https://cfmws.ca/halifax/30-day-spring-fitness-challenge-(halifax))

**CAF Fitness Workout Playlists:**

<https://cfmws.ca/sport-fitness-rec/fitness-training/caf-fitness/caf-fitness-workout-playlists>

**PSP Recreation:**

Climbing Wall now open! Tuesdays 1500-1800 hrs \$5 drop in

1 May: CAF Social League Laser Tag Night \$5

11 May: CAF Social League Club Cape Split Day Hike \$5

15 Jun: CAF Social League Lawrencetown Beach Surf Day \$30

More info and to secure your spot:

[HalifaxRecreation@cfmws.com](mailto:HalifaxRecreation@cfmws.com)

<https://bkk.cfmws.com/halifaxpub/courses/index.asp>

**INJURY PREVENTION:**

**Plain Language Helps Workplace Health and Safety:**

Wednesday, May 8 | 11 am EDT

Everyone has the right to understand workplace health and safety information. Join plain language writing and design expert Jocelyn Pletz, as she demonstrates how plain language and design principles connect with effective health and safety communication. [https://www.ccohs.ca/events/safety-and-health-week?utm\\_medium=email&utm\\_campaign=shw\\_24&utm\\_source=envoke-promo&utm\\_term=Celebrate-Safety-and-Health-Week-May-6-11-%2F-Souligons-la-Se&eid=02cf34811c0bb3a3d243fc6da1cf7fd8#plain-language-helps](https://www.ccohs.ca/events/safety-and-health-week?utm_medium=email&utm_campaign=shw_24&utm_source=envoke-promo&utm_term=Celebrate-Safety-and-Health-Week-May-6-11-%2F-Souligons-la-Se&eid=02cf34811c0bb3a3d243fc6da1cf7fd8#plain-language-helps)

**Sun Safety at Work** <https://sunsafetyatwork.ca/build-your-own-sun-safety-program>

**Resource Library** <https://sunsafetyatwork.ca/resource-library>

**Health Promotion Featured programs this month:**

Respect in the CAF | 7 May 0800-1600 hrs | Halifax

Better Health: Top Performance | 9 May 0800-1600 hrs  
Halifax

Managing Angry Moments (2 sessions over 2 weeks)  
16 & 23 May | 0800-1200 hrs (both days)

Shearwater Respect in the CAF | 21 May 0800-1600 hrs  
Shearwater

**Current Schedule:** [https://cfmws.ca/CFMWS/media/Halifax/HP%20Schedules/HP\\_Schedule\\_WinterSpring\\_2024-REV\\_Jan15.pdf](https://cfmws.ca/CFMWS/media/Halifax/HP%20Schedules/HP_Schedule_WinterSpring_2024-REV_Jan15.pdf)

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

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

**FOR MORE INFORMATION ON ANY OF THE ITEMS IN THIS MONTHLY UPDATE, PLEASE CONTACT:**

**Joy Geizer**

Health Promotion Specialist and Rep Coordinator

[joy.geizer@forces.gc.ca](mailto:joy.geizer@forces.gc.ca)

902-722-4479