

NOVEMBER 2024



**health
promotion**
REP NETWORK
monthly message

WHAT IS HAPPENING?

PD Session, JUST FOR YOU!

The PD session will be happening 12 Dec, 0800-1000 hrs, WP106, Multipurpose Room, hosted by the HP Team.

Come meet your fellow Reps, let us know what is working and what is not in your role, and how HP can help you be that champion in your unit. A Reminder email will be sent out the first week of December.

Shout Outs:

FMFCS has been leading the charge with briefings in all areas over the last few months.

Nov 9 marks 22 years of the Health Promotion Teams supporting CAF / DND. Happy Anniversary to us!

HEALTH DAYS AND THEMES FOR NOVEMBER:

Looking for some content to promote in your unit? Check these out.

Nutritional Wellness:

Osteoporosis Month
[Nutrient Calculator | Osteoporosis Canada](https://osteoporosis.ca/nutrient-calculator/) (<https://osteoporosis.ca/nutrient-calculator/>)
[calculateur-nutritionnel | Ostéoporose Canada](#)

Social and Mental Wellbeing:

26 Nov is Bring Your Dog to Work day at CFB Halifax for those who are able. Interacting with animals has been

shown to decrease levels of cortisol (a stress-related hormone) and lower blood pressure. Other studies have found that animals can reduce loneliness, increase feelings of social support, and boost your mood. Can't have a pet where you live? Consider volunteering to walk the dogs at the local SPCA.

Addiction Awareness and Prevention:

National Addictions Awareness Week 24-30 Nov
<https://www.ccsa.ca/national-addictions-awareness-week>

Active Living:

National Pain Awareness Week 3-9 Nov <https://www.paincanada.ca/resources>

Mini courses on living with pain, helping others live with pain, and how moving more can help.

Injury Prevention:

Fall Prevention Month <https://www.fallpreventionmonth.ca/>. Have a peek in the Activities section for Fall Prevention Trivia, Jeopardy, and MORE!

Find more health promoting themes at <https://www.canada.ca/en/health-canada/services/calendar-health-promotion-days.html>

HEALTH PROMOTION FEATURED PROGRAMS FOR NOV AND DEC:

Managing Angry Moments (2 sessions over 2 weeks)
7 & 14 November | 0900 – 1500 hrs | Halifax

Stress.Calm (2 sessions over 2 weeks)

21 & 28 November | 0900 – 1500 hrs | Halifax

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

26 & 27 November | 0800 – 1600 hrs / 0800 – 1200 hrs
Shearwater

Respect in the CAF

3 December | 0800 – 1600 hrs | Halifax

Inter-Comm (Interpersonal Communication)

5 December | 0800 – 1600 hrs | Halifax

Family Violence Awareness

6 December | 0900 – 1100 hrs | Halifax

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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Health Promotion Halifax – PSP

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