OCTOBER 2026

# health promotion REP NETWORK

*monthly message*

## HEALTH EXPO 2026!

**27 Oct, Building S120**

In partnership with CFHSVCS there will be exhibitors and presentations on topics to help you navigate your health journey, CAF/DND and Community-based exhibitors in all areas of health and wellness, refreshments, and PRIZES! There will also be an onsite Flu/Covid vaccination clinic for CAF members.

Are you interested in volunteering at the Health Expo for all, or part, of the event?

We have the following Taskings:

- Welcome Table (hand out prize ballots, swag bags, exhibitor maps)
- Presenter Host / count participants seated at presentation sessions
- Vax Clinic Hosts / Monitors – welcome CAF members to the vax clinic
- Refreshment Table monitoring – tidy up as needed
- Unit Health Promotion Rep table – talk about your role as HP Rep, note units that have rep vacancies (list provided), capture contact info and provide resources for interested folks (TOR sheet, Orientation Guidebook, provide answers to the Test Your Knowledge Game)
- Health Promotion Table

Send us an email at hfxhealthpromotion@forces.gc.ca indicating your interest, time commitment you can volunteer, and which role(s) you are interested in. The event runs from 1000- 1500 hrs.

## HEALTH PROMOTION PROGRAMS THIS MONTH:

**Stress.Calm**
6 October | 0900-1600 hrs | Shearwater HQ

**Nutrition: Food Labels**
8 October | 1000-1200 hrs | Halifax WP106

**Prevent and Respond to Sexual Misconduct (PRSM) (formerly RitCAF)**
14 October | 0800-1600 hrs | Halifax WP106

**Alcohol, Other Drugs, Gambling and Gaming Awareness Supervisor Training (AODGGA) (MITE Code)**
21 & 22 October | 0900-1500 hrs | Halifax WP106

**Nutrition: Meal Planning**
29 October | 1000-1200 hrs | Halifax WP106

## HEALTH DAYS AND THEMES FOR OCTOBER:

**Social Mental Wellbeing**

10 Oct World Mental Health Day – the objective is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.

The day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide. Use this day to have a conversation with those around you or in your unit to focus on solutions, and reflect on the 5 C's Framework:

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**Competence:** Feeling capable of handling life's challenges, solving problems, and achieving your goals.

**Confidence:** Having a positive self-image and believing in your ability to grow and bounce back after setbacks, it is your level of resilience.

**Connection:** Building supportive, meaningful relationships and experiencing a sense of belonging with others.

**Character:** Acting with integrity, honoring your personal values, and taking responsibility for your choices.

**Caring (Compassion):** Practicing empathy and kindness toward both yourself and other people.

Are you looking for a way to CONNECT with your family and others within the Defence Team community outside of work?

### CAF Social League Fall Farm Adventure at Noggins Farm, 24 Oct

Bus leaves from Stadacona Fitness and Sport Centre at 0930

Enjoy the crisp autumn air as we explore the farm, pick fresh apples, and tackle the corn maze. Whether you're joining friends, family, or hoping to meet new people, this CAF social league outing is a fun way to celebrate the season.

Open to military, DND civilians and civilians with military sponsorship.

Regular $10.00 (Regular Force, Reserve Force, Veterans)

Ordinary $20.00 (DND, RCMP, Canadian Coast Guard)

Associate $30.00 (Civilian)

Register at https://bkk.cfmws.com/halifaxpub/courses/index.asp

For assistance with registration or more information, please contact: HalifaxRecreation@cfmws.com

### 19-30 Oct Healthy Relationship Campaign

https://cfmws.ca/support-services/health-wellness/healthyrelationships

### Addiction Awareness & Prevention:

Addiction isn't just about alcohol and other substances, it can be any activity that is problematic and has the 4 Cs:

- Craving
- loss of Control of amount or frequency of use
- Compulsion to use
- use despite Consequences.

Being aware of what is an addiction is the first step to change.

### Nutritional Wellness:

What you eat impacts how you feel, think, and perform. Good nutrition supports long-term health, enhances resilience, and helps maintain cognitive and physical performance during both daily activities and operational demands.

Coming up this month are 2 practical learning sessions: **Understanding Food Labels** on October 8th, and **Meal Planning** on October 29th.

Register for the topics most relevant to you or attend both to gain a comprehensive foundation in nutrition.

### Active Living & Injury Prevention:

The fall is a wonderful time to encourage physical activity in the out of doors. Does your unit have opportunity to take part in group PT outside, or a walking meeting? What about organizing a 15-minute mental health walk around your workplace just after lunch? How are you encouraging physical activity within your unit this autumn?

## DO YOU FOLLOW US ON SOCIAL MEDIA?

Find us on Facebook and Instagram:
Health Promotion Halifax – PSP

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