



health promotion

REP NETWORK

monthly message

HEALTH DAYS AND THEMES FOR FEBRUARY

February finds us smack dab in the middle of winter. It can be a tough time of year, but considering how the weather could be, we are doing pretty good (well, it is sunny as I am writing this). Check out these challenges and themes you can promote in your unit to encourage improved health.

- **Heart Health Month** | 1–28 Feb
- **Fit for Feb** | 1–28 Feb
- **PSP Fitness and Sports 30 Day Fitness Challenge**
30 Jan–10 Mar
- **Kindness Matters! CFB Halifax Pink Shirt Day**
- **Sexual and Reproductive Health Awareness Week** 1
3–17 Feb

FIT FOR FEB

Along with heart health motivators on social media, we are running a step challenge for the 28 days of Feb. Check out the poster attached and spread the word among your unit!

LIGHTEN YOUR LOAD MENTAL HEALTH POP UP EVENT:

We visited 3 locations, over 3 days, for a total of 3 hours during the Bell Let's Talk week. We challenged members to talk about self care practices, and to feel the weight of the mental health burdens they carry, and how they can access programs and services to help. We had over 95 people stop to have meaningful conversations with us, with S1 Aaron Pataracchia, NPTG NFS(A) being drawn as the winner of a gift card.

NEW YEAR, NEW CHANGES! WHO IS THE NEW HP TEAM?

Well, at time of this update, our Admin, Jen Mackenzie has moved to the Lung Association to spread her HP wings and support the amazing initiatives they have going on. Janelle Budgell, HP Mgr, has moved to work with aboriginal populations. Laurie Barker Jackman has accepted a secondment to work nationally with the nutrition program portfolio and will be away from our HP team until March 2024. That leaves Jake Shea and myself holding down the fort until Victoria Stead returns from Mat leave in June, and a new manager and admin come on board within the next few weeks.

EXCELLENCE IN HP AWARD

It is that time of year again! Time to think about who you will nominate (maybe yourself?) to receive our Excellence in Health Promotion Award.

Have you done exceptional work in health promotion? Or do you know someone who has?

Health Promotion has an award just for YOU! The **Health Promotion Award of Excellence** recognizes individuals, Health Reps, or units doing great things to promote health and wellness, whether that is initiatives or programs that truly impact those around them. Are they a motivator, influencer, mentor, or a quiet force to be reckoned with that is helping on the sidelines?

Nominate them now! Deadline 31 Mar 2023. Award to be presented at the 2023 Sports Award Breakfast for CFB Halifax in May. (Nominees do not have to be reps – they can be anyone who exemplify health promotion – see attached Guidebook for details).

WINTER / SPRING 2023 SCHEDULE!

[Program Schedule](#)

[Program Registration](#)

**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

902-722-4479