



health promotion REP NETWORK

monthly message

REGISTRATION FOR OUR FALL COURSES ARE OPEN!

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

DID YOU KNOW...

Things may slow down over the summer, but we have got you covered with programming that is available when you are!

PSP Virtual Health Promotion

<https://www.cafconnection.ca/healthwebinars>

PSP Virtual Fitness Schedule

<https://www.cafconnection.ca/National/Virtual-Services/Virtual-Fitness.aspx>

PSP Virtual Recreation

<https://www.cafconnection.ca/PSPVirtualRecreation>

MONTHLY THEMES TO EXPLORE WITH YOUR UNIT

Active Living / Injury Prevention

5 Jul is National Injury Prevention Day. Raise awareness about the devastating effects of predictable and preventable injuries. Help to educate others and help all Canadians live long lives to the fullest.

Addiction-free Living

Curious to learn more about Addiction? Take this free 20 min course offered by CAMH.

Addiction 101 online course

<https://moodle8.camhx.ca/moodle/course/view.php?id=2>

Nutritional Wellness

Strawberries are a welcomed and healthy snack for most people. With a short harvest season (about 3 weeks), get them when you can. Host a Strawberry Trivia while enjoying berries in a salad or yogurt. Did you know the average strawberry has 200 seeds?

Social / Mental Wellbeing

24 Jul is International Self Care Day. Self-Care is a vital foundation to health. Take responsibility to raise awareness and benefits of self-care and what you can implement often. Did you think it was all bubbles and baths? Think again.

<https://isfglobal.org/a-manifesto-for-self-care/>



Congratulations MCpl Kent Thistle, Base Information Services

Health Promotion was pleased to have attended the Awards and Promotion afternoon at BIS on 19 Jun where we were able to present MCpl Thistle with the Excellence in Health Promotion Award. Nominated by a peer and supported by CoC, MCpl Thistle has made contributions which have enhanced the mental and physical wellness of his unit.

JULY 2023



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ROAD TO WELLNESS

This challenge ends July 7! There is still time to download the Goosechase app and see how many activities you can complete before then.

<https://cfmws.ca/halifax/road-to-wellness>

In addition, check out these events...

Wall Climbing is back!

Monday and Wednesday 1200-1300. All equipment provided and all skill levels welcome.

For more information, contact Community Recreation Coordinator, Emily Green at green.emily@cfmws.com.

Navy Bike Ride has been changed to 8 July, check this link for more info and to register.

<https://cfmws.ca/halifax/in-your-community/navy-bike-ride-2023>

Navy 10K is back! 30 Aug is the day!

<https://cfmws.ca/halifax/in-your-community/navy-10k-run>

LINKS

[Rep Portal](#)

[Program Schedule](#)

[Program Registration](#)

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

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