

JUNE 2023



**health**  
promotion  
**REP NETWORK**  
*monthly message*

## UPCOMING PROGRAMS THIS MONTH

### **Stress.calm**

(2 sessions over 2 weeks)

1 & 8 Jun, 0800-1200 hrs, Shearwater

### **Family Violence Awareness**

2 Jun, 0900-1100 hrs, Willow Park

### **Better Health: Nutrition Edition**

6 Jun, 0800-1600 hrs, Shearwater

### **Mental Fitness and Suicide Awareness (MFSA) (MITE code)**

13 June, 0800-1600 hrs, Shearwater

### **Respect in the CAF**

22 June, 0800-1600 hrs, Willow Park

### **Better Health: Top Performance**

27 Jun, 0800-1500 hrs, Willow Park

### **Respect in the CAF**

29 June, 0800-1600 hrs, Shearwater

CPCC has compiled a list of training and education resources available to CAF members. It can be shared broadly, and CPCC is open to feedback on this resource library: <https://www.canada.ca/en/department-national-defence/services/conduct-and-culture/conduct-and-culture-training-and-education-resources.html>

## MONTHLY THEMES TO EXPLORE WITH YOUR UNIT

### **Active Living / Injury Prevention**

3 June | National Health and Fitness

Be on a mission to make Canada the fittest nation in the world by 2030. Sat, June 3 is National Health and Fitness Day this year, encouraging Canadians from coast to coast to get up, get out and get active.

<https://www.nhfdcan.ca/>

### **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**

June is Dairy Alternatives month!

Explore alternatives to dairy with some taste testing. Most people are open to trying something new but may not want to purchase products and find they don't care for it. Challenge colleagues to chip in a few dollars and explore a variety of dairy alternatives.

### **Social / Mental Wellbeing**

10 June | Action Anxiety Day

Action Anxiety Plan

<https://maps.anxietycanada.com/courses/anxiety-plan-for-adults/>

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# REP NETWORK

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## JUNE IS RECREATION MONTH!

Register for our Road to Wellness, running the entire month of June! Challenge yourself to explore health and wellness activities focussed on recreation. Earn points, win prizes, while exploring a variety of activities around base and your community.

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

**In addition, check out these events...**

**Got Kids?** CFB Halifax is offering a Summer Camps.

Get more info at [cfmws.ca/Halifax/summer-camps](https://cfmws.ca/Halifax/summer-camps) or reach out to [green.emily@cfmws.com](mailto:green.emily@cfmws.com).

**Are you a coach of children or youth?**

High Five: Principles of Healthy Child Development

Location: Shearwater Fitness, Sports and Recreation Centre

Date/Time: Wednesday June 28, 2023, 0900-1400 (one hour for lunch)

The Principles of Healthy Child Development (PHCD) is a 4-hour training that equips front-line leaders (anyone working with children aged 4 to 12) with the tools to immediately enhance the quality of their programs. The training provides valuable information, resources, and techniques to ensure that each child's social, emotional, and cognitive needs are met.

Cost: \$47.00

Those interested can contact Community Recreation Coordinator, Emily Green at [green.emily@cfmws.com](mailto:green.emily@cfmws.com).

**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](mailto:green.emily@cfmws.com).

## 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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