

JANUARY 2023



health promotion

REP NETWORK

monthly message

NEW YEAR, NEW CHANGES!

Some units will be receiving invitations to participate in the Go For Green (GFG) Legacy project in the coming weeks. How can we work with your unit specifically to improve health outcomes? Let's make it happen! With the success of GFG project last year we are taking that learning and applying it to a few more units and further expand ways we can adapt programming to meet needs and make meaningful lasting changes.

In addition to healthy changes for you, our team is excited to experience some movement in positions as some members of our team are moving on to other challenges. Watch for the next update to meet your fresh team of specialists and manager!

HEALTH DAYS AND THEMES FOR JANUARY:

January is a popular month to renew the vigor to get healthier. As a Rep, use that energy to promote some of these great themes.

- National Non-Smoking Week 15 Jan - 21 Jan 2023
- CFB Halifax updated Tobacco Policy signing 19 Jan 2023
- Weedless Wednesday 18 Jan 2023
- Mental Health Awareness / Bell Let's Talk 25 Jan 2023
- National Soup Month – share your favorite winter soup or stew!

WINTER / SPRING 2023 SCHEDULE!

https://cfmws.ca/CFMWS/media/Halifax/HP%20Schedules/HP_Schedule_ENG.pdf

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

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

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