



# health promotion

## REP NETWORK

*monthly message*

## UPCOMING PROGRAMS THIS MONTH

### Managing Angry Moments

5 & 12 May, 0800-1200 hrs, Shearwater

### Respect in the CAF

9 May, 0800-1600 hrs, Willow Park

### Respect in the CAF

16 May, 0800-1600 hrs, Shearwater

### Respect in the CAF

18 May, 0800-1600 hrs, Willow Park

### Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)

30 & 31 May, 0800-1600/0800-1200 hrs, Shearwater

### Stress.calm

(2 sessions over 2 weeks)

1 & 8 Jun, 0800-1200 hrs, Shearwater

## HEALTH DAYS AND THEMES FOR MAY

### Nutritional Wellness

May is International Mediterranean Diet Month!

### Social / Mental Wellbeing

1-7 May | CMHA Mental Health Week

### Active Living / Injury Prevention

17 May | World Hypertension Day

### Addiction-free Living

31 May | World No Tobacco Day

## KEY MESSAGES

- Check out the attached infograph to bring awareness to proper blood pressure monitoring.
- The Mediterranean way of eating is based on the traditional cuisine of countries bordering the Mediterranean Sea. It has more than 5 decades of research supporting its benefits! It is associated with a decreased risk of heart disease and high blood pressure, improved blood sugar and cognitive performance. Although it says 'diet' it is more a lifestyle approach and a way of life. Challenge your unit to explore this way of eating and compare recipes!
- Mental Health week runs the first week of May. Destigmatizing mental health involves conversations and sharing. What's your story? #MyStory & #MentalHealthWeek
- Any tobacco users in your unit? Have they ever thought about quitting? On May 31 why not have that conversation?

"Have you ever thought about quitting or cutting back?" "I care about your health and can help if you are open to that." "What has worked for you in the past?" "Did you know it's not just about stopping? It is also important to replace the behaviour and maybe get some nicotine replacement to get over the tough parts. Calling Health Promotion can get you connected with the path to manage both of those pieces. Here is their number."

MAY 2023



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Check out our HP Team at <https://tridentnewspaper.com/wp-content/uploads/2023/04/2023-04-17-08.pdf>

Want to really dig into what health promotion is? Hint: it is more than just offering health education.

Link to a free HP online training: <https://www.publichealthontario.ca/en/Education-and-Events/Online-Learning/Health-Promotion-Courses>

## LINKS

[Rep Portal](#)

[Program Schedule](#)

[Respect in the CAF Schedule](#)

[Program Registration](#)

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

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