

HEALTH PROMOTION PROGRAMS



FEBRUARY



M/L	T/M	W/M	T/J	F/V
2	 PAIN MANAGEMENT 3, 10, 17 & 24 Feb 0900-1200H	ALCOHOL AWARENESS EVENT with CLINT MALARCHUK 	5	 6 Follow @PSPKINGSTON on Instagram for new content!
9	10	 MENTAL FITNESS & SUICIDE AWARENESS TRAINING 0800-1600HRS	12 GOOD FOOD BOX LAST DAY TO ORDER	13
16 <i>Happy Family Day!</i>	17	18	19	 20 Follow @PSPKINGSTON on Facebook for updates!
23	24	 ALCOHOL, OTHER DRUGS, GAMBLING & GAMING SUPERVISOR TRAINING 25 & 26 FEB 0800-1600HRS		27

KEY CONTACT
RESOURCES



2 0 2 6



FOR MORE INFO

STRENGTHENING THE
ENERGISER LES **FORCES**



THE ESSENTIAL NUTRITION COURSE

10, 13, 24 & 27 MAR
0830-1200HRS



**MARCH IS
NUTRITION MONTH**

COMING SOON...

PROMOTION DE LA SANTÉ PROGRAMMES



FÉVRIER



M/L

T/M

W/M

T/J

F/V

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5



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LA BOÎTE VERTE
DATE LIMITE DE COMMANDE

12

13

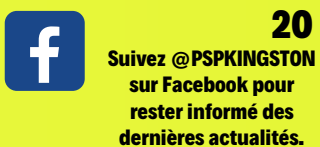
16

Joyeuse fête de la famille

17

18

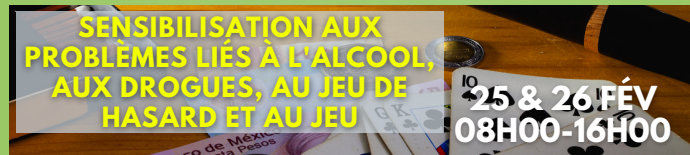
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20

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27

RESSOURCES POUR
LES CONTACTS CLÉS



2 0 2 6



POUR PLUS
D'INFORMATIONS

STRENGTHENING THE
ENERGISER LES **FORCES**



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**MARS EST
LE MOIS DE LA NUTRITION**

À VENIR ...