

HP APRIL PROGRAMS



2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
@healthpromotionpetawawa healthpromotionpetawawa@cfmws.com			1	2	3	4
	 	Inter-Comm 0900-1200	8	Stress Take Charge! Part 1 0900-1400	 	11
12	13	Mental Fitness & Suicide Awareness 0800-1600	15	Stress Take Charge! Part 2 0900-1400	17	18
19	20	Essential Nutrition Part 1 0900-1400	22	RitCAF 0800-1600	24	25
26	27	Essential Nutrition Part 2 0900-1400	29	30		

SCAN HERE TO REGISTER

