

HP SEPTEMBER PROGRAMS

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Fundamentals of Healthy Sleep 0900-1000	2	3 Mental Fitness & Suicide Awareness 0800-1600	4	5
6	7 	8 Injury Reduction Strategies Leadership 0800-1200	9	10 Health Promotion 101 0900-1000	11	12
13	14	15 Essential Nutrition Part 1 0900-1400	16	17 Injury Reduction Strategies 0900-1000	18	19
20	21	22 Essential Nutrition Part 2 0900-1400	23	24 Prevent and Respond to Sexual Misconduct 0800-1600	25	26
27	28	29 Inclusion & Respect in Defence 0800-1600	30 	 @healthpromotionpetawawa  healthpromotionpetawawa@cfmws.com		

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REGISTER

