

# HEALTH PROMOTION 2025 MARCH PROGRAMS

Health Promotion  
**STRENGTHENING THE FORCES**  
**ÉNERGISER LES FORCES**  
 Promotion de la santé

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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2	3 Meditation 1200-1300	4	5	6 Essential Nutrition Pt 1 0900-1400	7 Meditation 1200-1300	8
9	10	11	<b>MARCH BREAK</b>			15
16	17 Meditation 1200-1300	18	19	20 Essential Nutrition Pt 2 0900-1400	21 Meditation 1200-1300	22
23	24 Meditation 1200-1300	25 Respect In the CAF (RitCAF) 0800-1600	26	27 Mental Fitness Suicide Awareness 0800-1600	28 Meditation 1200-1300	29
30	31					