

HP JANUARY PROGRAMS

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 @healthpromotionpetawawa  healthpromotionpetawawa@cfmws.com				 		
						
		Stress Take Charge! Part 1 0900-1400		Mental Fitness & Suicide Awareness 0800-1600		
		Stress Take Charge! Part 2 0900-1400		RitCAF 0800-1600		

SCAN
HERE
TO
REGISTER

