

HP OCTOBER PROGRAMS

2
0
2
6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 @healthpromotionpetawawa  healthpromotionpetawawa@cfmws.com				Stress & Anger 0900-1000		
		Managing Angry Moments Part 1 0900-1400		Mental Fitness & Suicide Awareness 0800-1600		
	 	Managing Angry Moments Part 2 0900-1400		Stress Take Charge! Part 1 0900-1400		
	Healthy Relationships	Prevent and Respond to Sexual Misconduct 0800-1600		Stress Take Charge! Part 2 0900-1400		
	Healthy Relationships	Effective Communication 0900-1200		Managing Angry Moments 0900-1000		

Active
Transportation
Track Your
Transportation
This Year

Move the Mission - 1min Active
Transportation Tracking Form



SCAN
HERE
TO
REGISTER

