

TORONTO HEALTH PROMOTION WINTER-SPRING 2025



JAN

28

RESPECT IN THE CAF

0830-1600

FEB

26

MENTAL FITNESS & SUICIDE AWARENESS

0830-1600

MARCH

04

ESSENTIAL NUTRITION:

MODULE 1 - NUTRITION FUNDAMENTALS

0800-1200

MARCH

18

MODULE 2 - UNDERSTANDING FOOD LABELS

MODULE 3 - MEAL PLANNING

0800-1200

MARCH

27

MODULE 4 - STRETCH YOUR FOOD DOLLAR

MODULE 5 - MINDFUL EATING

0800-1200

APRIL

10

INJURY PREVENTION & ACTIVE LIVING

0930-1130

MAY

13

MENTAL HEALTH

1000-1130

ALL HEALTH PROMOTION PROGRAMS ARE OPEN TO REG. & RES. CAF MEMBERS, VETERANS, THEIR IMMEDIATE FAMILIES (18+), DND/NPF CIVILIAN EMPLOYEES

TO REGISTER:

SCAN



WEBSITE

FOR MORE INFO:

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