

SESSION **Fall 2026**

Workshops **EXPRESS**

Tuesdays from 1:30 p.m. to 3 p.m.



September 1

From resistance to resilience: how to bounce back and get stronger

September 15

Calming the inner fire: understanding and controlling anger

October 6

The plate of happiness

October 20

Living with stress at work: better understanding to better manage it

November 10

Optimizing your daily sleep

November 24

Better understanding addictive behaviors

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now!

