



- Military
- Families
- Civilian employees
- PSP members



### **Stress: Taming stress for better management**

**September 11, 18, 25 and October 2**

Friday: 8:30 a.m. to 11:30 a.m.  
*The participant must attend all four workshops.*



### **Communication techniques**

**October 1<sup>st</sup>**

Thursday: 8:30 a.m. to 12 p.m.



### **Optimizing your sleep on a daily basis**

**September 14**

Monday: 9 a.m. to 11 a.m.



### **Psychological suffering**

**October 5**

Monday: 9 a.m. to 12 p.m.



### **Nutrition Essentials**

**September 24, November 12**

Thursday: 8:30 a.m. to 12 p.m.



### **Sports Nutrition: Optimizing performance through nutrition**

**October 15**

Thursday: 8:30 a.m. to 12 p.m.



### **Stress at work**

**September 23**

Wednesday: 8:30 a.m. to 12 p.m.



### **Anger: Understanding, Preventing and Managing Anger**

**October 16, 23, 30 and November 6**

Friday: 9 a.m. to 12 p.m.  
*The participant must attend all four workshops.*



### **Generational trends**

**September 28, November 23**

Monday: 8:30 a.m. to 12 p.m.



### **Supplements: myth or miracle?**

**October 22**

Thursday: 8:30 a.m. to 11 a.m.



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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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