

# HEALTH PROMOTION GAGETOWN

## Upcoming Workshops 2023-2024

### STRENGTHENING THE ENERGIZER LES **FORCES**

#### SEPTEMBER 2023

Respect in the CAF (SNR NCM/Officer) 21 Sept  
Respect in the CAF (JR NCM) 27 Sept  
Injury Reduction Strategies 28 Sept  
Butt Out! Every Friday 0900-0930

#### OCTOBER 2023

Respect in the CAF (SNR NCM/Officer) 4 Oct  
Mental Fitness and Suicide Awareness 10 Oct  
Respect in the CAF (JR NCM) 12 Oct  
Inter-Comm 18 Oct  
Top Fuel for Top Performance 24,25 Oct  
Respect in the CAF (SNR NCM/Officer) 26 Oct  
Butt Out! Every Friday 0900-0930

#### NOVEMBER 2023

Respect in the CAF (JR NCM) 1 Nov  
Managing Angry Moments 6,8,10 Nov  
Alcohol, Other Drugs, Gambling  
and Gaming Awareness 15,16 Nov  
Respect in the CAF (SNR NCM/Officer) 22 Nov  
Respect in the CAF (JR NCM) 28 Nov  
Stress Take Charge 30 Nov  
Butt Out! Every Friday 0900-0930

#### DECEMBER 2023

Respect in the CAF (JR NCM) 6 Dec  
Butt Out! Every Friday 0900-0930

#### JANUARY 2024

Respect in the CAF (SNR NCM/Officer) 11 Jan  
Nutrition 101 (Mission Nutrition) 17 Jan  
Butt Out! Every Friday 0900-0930

#### FEBRUARY 2024

Respect in the CAF (JR NCM) 1 Feb  
Respect in the CAF (SNR NCM/Officer) 7 Feb  
Respect in the CAF (JR NCM) 15 Feb  
Managing Angry Moments 21,22,23 Feb  
Respect in the CAF (SNR NCM/Officer) 29 Feb  
Butt Out! Every Friday 0900-0930

#### MARCH 2024

Respect in the CAF (JR NCM) 6 Mar  
Respect in the CAF (SNR NCM/Officer) 14 Mar  
Respect in the CAF (JR NCM) 21 Mar  
Top Fuel for Top Performance 26,27 Mar  
Butt Out! Every Friday 0900-0930

#### APRIL 2024

Respect in the CAF (SNR NCM/Officer) 3 Apr  
Injury Reduction Strategies 10 Apr  
Respect in the CAF (JR NCM) 11 Apr  
Respect in the CAF (SNR NCM/Officer) 18 Apr  
Alcohol, Other Drugs, Gambling  
and Gaming Awareness 24,25 Apr  
Butt Out! Every Friday 0900-0930

#### MAY 2024

Mental Fitness and Suicide Awareness 2 May  
Stress Take Charge 7 May  
Respect in the CAF (JR NCM) 9 May  
Respect in the CAF (SNR NCM/Officer) 15 May  
Respect in the CAF (JR NCM) 29 May  
Butt Out! Every Friday 0900-0930

