

# HEALTH PROMOTION GAGETOWN

## Upcoming Workshops 2024-2025

### STRENGTHENING THE ÉNERGISER LES **FORCES**

#### SEPTEMBER 2024

Respect in the CAF (SNR NCM/Officer)	18 Sept
Respect in the CAF (JR NCM)	24 Sept
Injury Reduction Strategies	26 Sept
Butt Out! Every Friday	0900-0930

#### OCTOBER 2024

Respect in the CAF (SNR NCM/Officer)	3 Oct
Mental Fitness and Suicide Awareness	8 Oct
Respect in the CAF (JR NCM)	10 Oct
Inter-Comm	16 Oct
The Essential Nutrition Course	23 Oct
Respect in the CAF (SNR NCM/Officer)	29 Oct
Respect in the CAF (JR NCM)	30 Oct
Butt Out! Every Friday	0900-0930

#### NOVEMBER 2024

Managing Angry Moments	5,6,7 Nov
Top Fuel for Top Performance	13 Nov
Alcohol, Other Drugs, Gambling and Gaming Awareness	20,21 Nov
Respect in the CAF (SNR NCM/Officer)	26 Nov
Stress Take Charge	28 Nov
Butt Out! Every Friday	0900-0930

#### DECEMBER 2024

Respect in the CAF (JR NCM)	4 Dec
Butt Out! Every Friday	0900-0930

#### JANUARY 2025

Respect in the CAF (SNR NCM/Officer)	14 Jan
The Essential Nutrition Course	16 Jan
Butt Out! Every Friday	0900-0930

#### FEBRUARY 2025

Respect in the CAF (JR NCM)	5 Feb
Managing Angry Moments	19,20,21 Feb
Respect in the CAF (SNR NCM/Officer)	26 Feb
Butt Out! Every Friday	0900-0930

#### MARCH 2025

Respect in the CAF (JR NCM)	13 Mar
Respect in the CAF (SNR NCM/Officer)	20 Mar
Respect in the CAF (JR NCM)	25 Mar
Top Fuel for Top Performance	27 Mar
Butt Out! Every Friday	0900-0930

#### APRIL 2025

Respect in the CAF (SNR NCM/Officer)	2 Apr
Injury Reduction Strategies	8 Apr
Respect in the CAF (JR NCM)	10 Apr
Respect in the CAF (SNR NCM/Officer)	16 Apr
Alcohol, Other Drugs, Gambling and Gaming Awareness	23,24 Apr
Butt Out! Every Friday	0900-0930

#### MAY 2025

Mental Fitness and Suicide Awareness	8 May
Stress Take Charge	13 May
Respect in the CAF (JR NCM)	15 May
Respect in the CAF (SNR NCM/Officer)	20 May
Respect in the CAF (JR NCM)	28 May
Butt Out! Every Friday	0900-0930



Register online at [cfmws.ca/gagetown/workshop-descriptions-and-registration](https://cfmws.ca/gagetown/workshop-descriptions-and-registration)  
or email [healthpromotiongagetown@forces.gc.ca](mailto:healthpromotiongagetown@forces.gc.ca).