MONDAY

Health Promotion STRENGTHENING THE FURCES Promotion de la santé



SATURDAY

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SUNDAY

HEALTHPROMOTIONKINGSTON@CFMWS.COM

REGISTER NOW!

TUESDAY

WEDNESDAY

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RESPECT IN THE CAF 0800-1600 HRS

THURSDAY

MINDMUSCLE Performance recovery Join HP every Friday in Performance Recovery 0730-0815hrs

FRIDAY

BALANCE R.E.S.2.E.T 0830-1600 HRS

ALCOHOL OTHER DRUGS GAMBLING & GAMING SNR LEADERSHIP TRNG

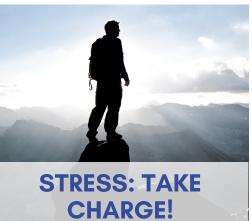
0800-1600 HRS

10



13 0830-1200 HRS

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ALCOHOL OTHER DRUGS GAMBLING & GAMING SPVR TRNG | 0800-1600 HRS

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