

H²O P²3 FEBRUARY PROGRAMS

Health Promotion
STRENGTHENING THE FORCES
 ENERGISER LES FORCES
 Promotion de la santé

IT'S TIME TO BUTT OUT
 CLICK TO FIND OUT HOW!

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



FOLLOW US @PSPKINGSTON
 HEALTHPROMOTIONKINGSTON@CFMWS.COM

REGISTER NOW!

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RESPECT IN THE CAF
 0800-1600 HRS

MINDMUSCLE
 PERFORMANCE RECOVERY

Join HP every Friday in Performance Recovery 0730-0815hrs

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BALANCE
 THE CANADIAN ARMED FORCES
 PHYSICAL PERFORMANCE STRATEGY
R.E.S.2.E.T
 0830-1600 HRS

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ALCOHOL OTHER DRUGS GAMBLING & GAMING SNR LEADERSHIP TRNG
 0800-1600 HRS

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LAST DAY TO ORDER!

GOOD FOOD BOX
 KINGSTON

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STRESS: TAKE CHARGE!
 0830-1200 HRS

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

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Family Day!

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KEY CONTACT RESOURCES

2023

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CLICK TO SEE WHAT'S HAPPENING IN MAR!

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INJURY REDUCTION STRATEGIES
 1230-1600 HRS

INTERPERSONAL COMMUNICATION
 830-1200 HRS

MARCH IS NUTRITION MONTH
 WIN A **Vitamix**