

HP JULY PROGRAMS

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
@healthpromotionpetawawa healthpromotionpetawawa@cfmws.com						
5	6	7	8	9	10	11
		Substance Use 0900-1000		RitCAF 0800-1600		
12	13	14	15	16	17	18
		Stress Take Charge! Part 1 0900-1400		Stress Take Charge! Part 2 0900-1400		
19	20	21	22	23	24	25
		Managing Angry Moments Part 1 0900-1400		Managing Angry Moments Part 2 0900-1400		
26	27	28	29	30	31	
		Mental Fitness & Suicide Awareness 0800-1600				

**SCAN
HERE
TO
REGISTER**

