

May-August 2021

FREE VIRTUAL HEALTH & WELLNESS PROGRAMS



REDUCING YOUR
HEALTH RISKS



FOOD, NUTRITION &
WEIGHT MANAGEMENT



PHYSICAL
ACTIVITY



MENTAL
WELLNESS



PARENTING



Register at www.HealthyNS.ca

QUESTIONS? CALL 1-844-460-4555



What to Expect: Wellness Programs on Zoom for Healthcare

WHAT IS ZOOM FOR HEALTHCARE?

Zoom for Healthcare is a secure, web-based service that can be used to see, hear and talk with others. If you are new to *Zoom*, instructions will be sent on how to use the technology.

WHAT DO YOU NEED?

- Smartphone/tablet + free *Zoom* app OR computer/laptop with microphone or headset
- High speed internet or 4G LTE connection

FORMAT

- When your program starts your audio will be **muted** and your camera will be **off**.
- You can interact and ask questions through the chat box feature.
- In some programs, you will have the option to turn on your camera and unmute to speak.

REGISTRATION REQUIRED

In most programs, you will be messaged privately via that chat feature to confirm your name and date of birth. This allows us to privately confirm your identity from the registration list.

PREPARING FOR YOUR PROGRAM

- When you join you will be placed in a virtual waiting room.
- The meeting host will admit everyone 5 minutes before the program starts.
- The meeting will be locked 10 minutes after the program begins.
- For many programs you will receive an email with detailed information on what to expect.

Find a Program:



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Management**
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Mental Wellness
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About These Programs



Reducing Your Health Risks

Risk factors increase the chance of developing or worsening chronic conditions. The good news is that you have a lot of control over your health. Even small behaviour changes can make a big impact on your overall health. In these sessions, you will learn more about what you can do to improve your health and reduce your risks.



Food, Nutrition and Weight Management

Healthy eating is essential to good health and well-being. Healthy eating helps us to maintain a healthy weight and reduces our risk of developing some risk factors and chronic conditions, like high blood pressure, diabetes, heart disease and cancer.



Physical Activity

Physical activity is one of the best things you can do for your health. No matter your age, ability level or health status, we all need to move and sit less every day to achieve our best health. Even small improvements in your physical activity can have positive impacts on overall health, daily functioning and longevity.



Mental Wellness

Mental wellness is about feeling balanced, connected to others and ready to meet life's challenges. Healthy behaviours such as speaking assertively, being self compassionate, managing stress and addressing our thoughts and emotions can help contribute to overall wellness.



Parenting

Parenting is one of the most challenging jobs you'll face and also the most rewarding. We can learn skills that help us promote and support the healthy development of our children. Being informed and confident as a parent and using effective strategies can help improve the overall health of your family.

With Content From:



The INSPIRED COPD Outreach Program™





REDUCING YOUR HEALTH RISKS: VIRTUAL PROGRAMS

ALL PROGRAMS OFFERED ONLINE VIA ZOOM FOR HEALTHCARE

Advance Care Planning and Personal Directives

Are you interested in preparing you and your loved ones for the future? Do you have life insurance? A will or a power of attorney? There is another kind of insurance you can have, that costs nothing and helps ensure that your medical and personal care wishes are respected. The goal of this session is to explore what advance care planning is and what to include when creating a personal directive. **To register, please call Andrew Comstock at 902-483-8943**

| | |
|-------------------|----------------|
| Tuesday — May 18 | 1:00 - 3:00 pm |
| Tuesday — June 15 | 1:00 - 3:00 pm |

Building Better Sleep

Do you wonder how you could get a better night's sleep? Sleep is vital to our physical health, mental health and overall well-being. Join us for a discussion about why we sleep, what impacts our sleep and discover other tips to get a better sleep. To register online, click [here](#)

| | |
|-----------------|-----------------|
| Monday — May 31 | 9:00 - 10:00 am |
| Friday — July 9 | 12:00 - 1:00 pm |

Ideas Into Action. Small Steps. Big Success!

In this session you will explore what motivates you, what stops you from making health changes and develop a plan to help you achieve your goals. To register online, click [here](#)

| | |
|----------------------|------------------|
| Monday — June 21 | 12:00 - 1:15 pm |
| Thursday — August 19 | 10:00 - 11:15 am |

Prediabetes - 3 Week Program

Prediabetes (when blood sugars are above the normal range) offers a warning that you are at risk of developing diabetes. Learn how lifestyle choices can give you a chance to change your future. **Attendance in week 1 is required to participate in week 2 and 3.** To register online, click [here](#)

| | |
|-------------------------------|------------------|
| Fridays — May 14, 21 & 28 | 10:00 - 11:15 am |
| Mondays — June 14, 21 & 28 | 6:00 - 7:15 pm |
| Tuesdays — August 17, 24 & 31 | 1:00 - 2:15 pm |

Understanding Pain - 3 Week Program

This series will explain how the pain system works. You will learn how the body changes with chronic pain. You will also learn about the factors affecting pain and real ways to manage your pain. **Attendance in week 1 is required to participate in week 2 and 3.** To register online, click [here](#)

| | |
|------------------------------|-----------------|
| Wednesdays — June 9, 16 & 23 | 12:00 - 1:00 pm |
| Mondays — August 16, 23 & 30 | 2:00 - 3:00 pm |



ALL PROGRAMS OFFERED ONLINE VIA ZOOM FOR HEALTHCARE

Your Way to Wellness

This free chronic disease self-management program **helps people with chronic conditions (and their caregivers) overcome daily challenges, take action and live a healthy life.** Groups meet weekly for 2.5 hours for 7 weeks and are led by trained volunteers, most of whom have chronic conditions themselves. Family and friends are welcome to attend.

Participants learn how to:

- Set goals and problem solve
- Eat healthier and become more active
- Manage symptoms
- Make daily tasks easier
- Improve self-confidence
- Manage fear, anger and frustration
- Improve communication with health care providers, family and friends



To register online for the session starting May 6 click [here](#)
To register online for the session starting June 15 click [here](#)

For more information, visit www.HealthyNS.ca, call **1-888-672-3444** or email yw2w@nshealth.ca

Thursdays — May 6 - June 17

9:30 - 12:00 pm

Tuesdays — June 15 - July 27

1:30 - 4:00 pm

4 The Health of It

Are you ready to...

- take control of your health?
- feel better about yourself mentally and physically?
- make a change in your lifestyle and receive information from health care experts in this field?

If you answered yes to these questions, *4 The Health of It* is a wellness program for you! **This interactive program is for people who want to reduce their risk of developing a chronic health condition or learn how to stay healthy and live well.**

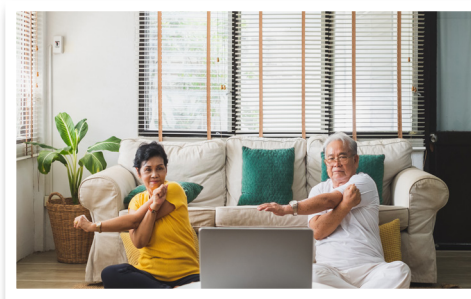
The program is delivered by a team of Health Care Professionals that includes a dietitian, physiotherapist, social worker, pharmacist, nurse practitioner and recreation professional. Participants attend a 1.5 hour class, once per week, for 7 weeks.

Every week, participants will actively participate in:

- Food and recipe discussions
- Exercise and activity discussions
- Guided general health discussion and presentations
- Goal setting and progress discussions

To register online, click [here](#)

For more information, visit www.HealthyNS.ca or call 902-848-6416.



Tuesdays — May 4 - June 15

1:00 - 2:30 pm



ALL PROGRAMS OFFERED FOR FREE ONLINE VIA ZOOM FOR HEALTHCARE

Beyond Weight, Shifting Focus to Health - 10 Week Program

Consider, how would you know you were on track with your health and wellness goals if there was no such thing as a scale? What does it mean to find a healthier you? If you are interested in shifting your focus away from weight and towards improvements to your health and quality of life, join us in this 10-week series. Under the guidance of health care professionals, you will take part in group-based learnings that aim to help you make sustainable lifestyle changes. We will discuss nutrition, physical activity, emotions, genetics, our environments and the many factors that influence health and weight. Please call 1-844-460-4555 for more information and to complete a screen to see if this program is right for you. **Please call 10 business days before the start date of the program.**

| | |
|-------------------------------|------------------|
| Tuesdays — May 11 - July 13 | 10:00 - 11:30 am |
| Wednesdays — May 12 - July 14 | 12:00 - 1:30 pm |

Explore the Mediterranean Diet - 2 Week Program

Interested in lowering your risk of heart disease, Alzheimer's and diabetes? Learn how you can improve your health by following the Mediterranean way of eating. **Attendance in Week 1 is required to participate in week 2.** To register online, click [here](#)

| | |
|-----------------------------|-----------------|
| Mondays — May 10 & 17 | 2:00 - 3:00 pm |
| Thursdays — June 10 & 17 | 6:00 - 7:00 pm |
| Wednesdays — August 18 & 25 | 12:00 - 1:00 pm |

Food and Mood - 2 Week Program

Have you ever thought about the connection between what you eat and how you feel? Food choices and eating habits can affect mood, but how you feel can also influence what you eat. What's good for your body is good for your mood! Join us to learn more. **Attendance in week 1 is required to participate in week 2.** To register online, click [here](#)

| | |
|----------------------------|------------------|
| Fridays — June 18 & 25 | 10:00 - 11:00 am |
| Thursdays — August 19 & 26 | 6:00 - 7:00 pm |





ALL PROGRAMS OFFERED FOR FREE ONLINE VIA ZOOM FOR HEALTHCARE

Introduction to Beyond Weight - 2 Week Program

Have you ever been told what your weight should be? The truth is, your weight is a lot more complex than a number on a scale. This series will explore the many factors that influence weight, expectations for weight loss and strategies to support your health and wellness through the pandemic and beyond. To register online, click [here](#)

| | |
|--------------------------|------------------|
| Tuesdays — June 1 & 8 | 6:00 - 7:00 pm |
| Mondays — August 23 & 30 | 10:00 - 11:00 am |

Making the Most of Your Food Dollar: COVID-19

Covid-19 is challenging our ability to access food. Learn how to get more value and nutrition from your food dollar. You will receive recipes and resources to help you organize, plan and prepare healthy low-cost dishes safely at home. To register online, click [here](#)

| | |
|-------------------|------------------|
| Friday — June 4 | 10:00 - 11:15 am |
| Thursday — July 8 | 2:00 - 3:15 pm |

Why Am I Still Hungry?

Are you snacking a lot throughout the day? Feeling hungry even after you just ate a meal? Join us to explore strategies to help feel full and satisfied after eating. Topics covered include satiety, fiber, protein and meal timing. To register online, click [here](#)

| | |
|--------------------|-----------------|
| Monday — May 31 | 6:00 - 7:15 pm |
| Thursday — July 15 | 12:00 - 1:15 pm |





PHYSICAL ACTIVITY: VIRTUAL PROGRAMS

ALL PROGRAMS OFFERED FOR FREE ONLINE VIA ZOOM FOR HEALTHCARE

Finding An Online Exercise Program

Did you have an exercise routine outside the home and now need a new plan to stay active? Or are you new to exercise and need a place to start? Join us to explore some of the online exercise resources available to you. To register online, click [here](#)

Monday — June 7 6:00 – 7:00 pm

Make Your Whole Day Matter

NEW

Ever wonder how much movement you should get in throughout the day? Come find out how to make your whole day matter and learn the new Canadian 24 Hour Movement Guidelines. This session will discuss three parts of your day: physical activity, sitting time and sleep. To register online, click [here](#)

Tuesday — May 25 6:00 – 7:15 pm

Monday — July 19 2:00 – 3:15 pm

Mindful Movement

Do you tend to rush when you do things? Would you like to be more mindful when you move? In this session you will practice becoming more aware of your body and your surroundings when you are still and when you are moving. To register online, click [here](#)

Tuesday — June 15 6:00 – 7:15 pm

Wednesday — August 18 12:00 – 1:15 pm

Ready, Set, Move 6 Week Series

NEW

Are you interested in learning about all the different parts of an active lifestyle? This series includes all of our Ready Set Move topics (Sit Less Move More, Intro to Cardio, Strengthening, Stretching and Balance) and you will also learn about the new Canadian 24 Hour Movement Guidelines. We will help you explore creative ways to get more movement in your day, develop an action plan, stay motivated and keep the change going for long term success. Please note we will not be exercising in this series. To register online, click [here](#)

Wednesdays — May 12 - June 16 6:00 – 7:15 pm

Fridays — May 21 - June 25 9:30 – 10:45 am

Ready, Set, Move - Introduction to Cardio

Learn the Canadian Guidelines for how much exercise you need for health benefits. We will discuss simple techniques on how to safely increase your intensity with no equipment. To register online, click [here](#)

Tuesday — June 29 12:00 – 1:15 pm



ALL PROGRAMS OFFERED FOR FREE ONLINE VIA ZOOM FOR HEALTHCARE

Ready, Set Move - Sit Less, Move More

Is your “new normal” causing you to sit more? Our bodies were designed to move and that can be challenging at the best of times (and even more so during a pandemic). Join us as we learn about the impact sitting too much has on our health. Together we will share and discuss ways to move more in our homes, neighborhoods and communities. To register online, click [here](#)

Thursday — June 3

6:00 – 7:15 pm

Ready, Set, Move - Strengthening

Do you want to improve your strength but are not sure where to start? This session will teach you safe strengthening exercises, how to use different types of equipment and how to progress these exercises on your own. To register online, click [here](#)

Wednesday — July 7

10:00 – 11:15 am

Ready, Set, Move - Stretching and Balance

Learn the basic techniques of stretching and balance exercises so you can do these at home. To register online, click [here](#)

Tuesday — June 22

6:00 – 7:15 pm

The Truth about Weight and Exercise – 2 Week Program

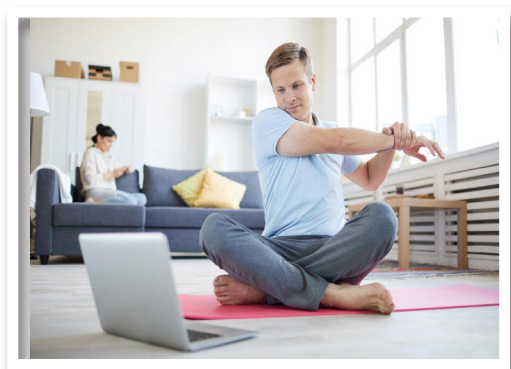
In this two part series, you will learn the facts about weight loss and exercise. We will discuss different types of exercise and their role in your health, weight loss and maintenance and learn tips to be active at any size. You will **not** exercise in this program. **Attendance in week 1 is required to participate in week 2.** To register online, click [here](#)

Thursdays — June 10 & 17

10:00 – 11:15 am

Wednesdays — July 14 & 21

12:00 – 1:15 pm





MENTAL WELLNESS: VIRTUAL PROGRAMS

ALL PROGRAMS OFFERED FOR FREE ONLINE VIA ZOOM FOR HEALTHCARE

Discover Your Strengths

We all have the same 24 character strengths that we express in different ways. Together, we will discuss character strengths, learn the benefits of using them in our lives and how to recognize these character strengths in ourselves and in others. To register online, click [here](#).

| | |
|---------------------|------------------|
| Thursday — May 27 | 2:00 – 3:30 pm |
| Wednesday — July 28 | 10:00 – 11:30 am |

Free Time and You

Join us for an hour and a half of social connection and discuss ways to participate in recreation and leisure activities while at home. To register online, click [here](#)

| | |
|---------------------|------------------|
| Thursday — July 22 | 10:00 – 11:30 pm |
| Tuesday — August 17 | 6:00 – 7:30 pm |

Introduction to Take Charge of Your Stress

In this program you will learn about stress, explore how you experience stress and practice skills you can use to reduce stress. To register online, click [here](#)

| | |
|-----------------------|------------------|
| Friday — May 7 | 12:00 – 1:00 pm |
| Wednesday — August 25 | 10:00 – 11:00 am |

Key Assertiveness Skills - 2 Week Program

We will discuss the connection between communication and health in this 2 week program. You will learn skills to communicate your needs, thoughts and feelings in a straightforward, honest, open, and calm way by participating in discussions, group activities and at-home practice. **Attendance in week 1 is required to participate in week 2.** To register online, click [here](#)

| | |
|--------------------------|-----------------|
| Mondays — May 10 & 17 | 6:00 – 7:30 pm |
| Wednesdays — June 9 & 16 | 9:30 – 11:00 am |

Introduction to Self-Compassion

Being self-compassionate can help provide us comfort, improve our health and increase our sense of satisfaction in our life roles. Join us to practice ways to promote self-compassion when we experience difficulties in our everyday lives. To register online, click [here](#)

| | |
|---------------------|------------------|
| Monday — May 3 | 6:00 – 7:00 pm |
| Tuesday — June 1 | 12:00 – 1:00 pm |
| Tuesday - August 10 | 11:00 – 12:00 pm |



ALL PROGRAMS OFFERED FOR FREE ONLINE VIA ZOOM FOR HEALTHCARE

Self-Compassion - 4 Week Program

Self-compassion can provide us comfort, improve health and increase our sense of satisfaction in our many life roles. Join us to learn how we can practice self-compassion when experiencing difficulties in our everyday lives. This program builds on concepts and practice over time. **Attendance in week 1 of the series is required to continue on and attendance in all 4 sessions is encouraged.** To register online, click [here](#)

Tuesdays — June 8, 15, 22, 29 12:00 – 1:15 pm

Tuesdays — July 6, 13, 20, 27 12:00 – 1:15 pm

Time Management and Wellbeing

Not enough time in your day? Too much time? Learning how to manage your time may help. Join us to discover time management skills that you can use to manage your time effectively. To register online, click [here](#)

Thursday — August 12 12:00 – 1:00 pm





MENTAL WELLNESS: VIRTUAL PROGRAMS

Mental Health and Addictions Program: Webinar Series

In stressful times, it is important to remind ourselves that there are healthy and adaptive ways to reduce stress, deal with emotions and remain connected in our personal and workplace relationships. This series of **3 free recorded webinars** provides useful information and practical tips on staying well.

Staying well through stressful times - recognizing and managing stress: Explore what individuals are commonly experiencing as a result of the stress associated with COVID-19 and recent events. Recognizing and understanding our natural stress signals and reactions helps us to remain aware of our needs and when to prioritize self-care. We can't be there for the ones we love if we aren't able to be well ourselves! This session provides key insights and practical tips and strategies for staying well.

Click [here](#) to view or visit <https://vimeo.com/423242401>

Dealing with emotions through stressful times - Fear, anger and loss: Explore the range of emotions individuals experience in times of rapid change and loss. There is growing concern for our collective mental health and well-being. Knowing what is natural is comforting and reassuring. This session provides key insights and practical tips and strategies for staying well.

Click [here](#) to view or visit <https://vimeo.com/423242419>

Working together through stressful times - Staying connected in relationships: Explore some of the common patterns and behaviours that arise when relationships are under stress. Challenging times put strain on individuals' resources, physically and psychologically. Building our collective resilience is a concerted effort and requires shared understanding and commitment. This session highlights the key ingredients of healthy relationships and what is needed to stay healthy together.

Click [here](#) to view or visit <https://vimeo.com/423242388>





Mental Health and Addictions Program: Online Tools & Programs

Nova Scotians can access mental health and addictions support where and when they need it by visiting the Mental Health and Addictions Program website: <http://MHAhelpNS.ca>. You can use the site to explore information, resources, tools and connect with help 24/7. Should you or someone you know need to access care, the website offers accurate, up-to-date information about services, contact information, clinic locations and other resources in our communities.

The website is also home to free eMental Health and Addiction tools, which can be accessed anytime, anywhere. They include:



Mindwell U: A 30 day online mindfulness challenge that takes just five minutes daily to complete and can be accessed anywhere on any device. It teaches mindfulness in action, so people can become more present and engaged with whatever they are doing and has been shown to lower stress, increase resilience and improve well-being, performance and optimism. Click [here](#) to view or visit <https://app.mindwellu.com/novascotia>



Therapy Assistance Online (TAO): A self-guided tool that can be accessed on any device. TAO includes interactive modules providing education, interactive activities, videos and practice tools to improve mental wellness and life functioning. Click [here](#) to view or visit https://taoconnect.org/what_is_tao/ns/



Gambling Support Network: Online and telephone support provided by trained professionals for Nova Scotians or their loved ones who may be affected by or experiencing gambling problems and/or harms. Click [here](#) or visit <https://gamblingsupportnetwork.ca/>



Wellness Together Canada: Mental Health and Substance Use Support. Choose from a variety of online resources, tools, apps and connections to trained volunteers and qualified mental health professionals when needed. Click [here](#) to view or visit <https://ca.portal.gs/>





PARENTING: VIRTUAL PROGRAMS

ALL PROGRAMS OFFERED ONLINE VIA ZOOM FOR HEALTHCARE BY IWK HEALTH

Incredible Years - 12 Week School Age Parenting Program

This program focuses on improving your child's social skills, emotional skills and reducing behaviour problems. **It is for parents of children who are 6-12 years old.** To register, please click [here](#)

Wednesdays — May 5 - July 21

6:00 – 8:00 pm

An Introduction to Parenting Your Teenager

An introductory session to help you better understand your teen and how their brain works, practice skills to improve communication and help your family run more smoothly. To register, please click [here](#)

Tuesday — July 13

12:00 – 1:30 pm

My Child is Anxious. Should I Worry? - 2 week program

Learn how to identify early signs of anxious feelings in your children and skills to help them manage everyday anxiety. For parents and caregivers of children up to 12 years old. To register, please click [here](#)

Tuesdays — June 15 & 22

10:00 – 11:30 am

Self-Compassion for Parents

Parenting is a difficult job. Being self-compassionate can help provide us comfort, improved health and increase our sense of satisfaction in our roles as parents. Join us to practice ways to promote self-compassion when we experience difficulties in our everyday lives. To register, please click [here](#)

Thursday — May 20

12:00 – 1:00 pm





ALL PROGRAMS OFFERED ONLINE VIA ZOOM FOR HEALTHCARE BY IWK HEALTH

Caregiver 101 Series: Behaviour, Mealtime, and Toileting

This parenting series can be taken as individual sessions or all together! Behaviour 101, Mealtime 101 and Toileting 101 are each 90 minutes and contain general information for any caregiver. If you are looking for information specific to your child, please contact their healthcare provider.

Behaviour 101 - You will learn the basics of why challenging behaviours happen and how to implement simple positive behaviour support strategies to help prevent them. To register [email](mailto:Angela.Samson@iwk.nshealth.ca) Angela at Angela.Samson@iwk.nshealth.ca.

| | |
|--------------------|----------------|
| Tuesday — May 4 | 6:00 - 7:30 pm |
| Wednesday — June 2 | 6:00 - 7:30 pm |

Mealtime 101 - We will discuss healthy mealtime habits, how to introduce new foods and ways to achieve mealtime success. To register [email](mailto:Angela.Samson@iwk.nshealth.ca) Angela at Angela.Samson@iwk.nshealth.ca

| | |
|--------------------|----------------|
| Tuesday — May 11 | 6:00 - 7:30 pm |
| Thursday — June 10 | 6:00 - 7:30 pm |

Toileting 101 - We will discuss considerations and supports to help set your child up for toilet training success. To register [email](mailto:Angela.Samson@iwk.nshealth.ca) Angela at Angela.Samson@iwk.nshealth.ca

| | |
|--------------------|----------------|
| Tuesday — May 18 | 6:00 - 7:30 pm |
| Thursday — June 17 | 6:00 - 7:30 pm |



For comprehensive information about staying well and living a healthy life visit

www.HealthyNS.ca

