

REGISTER NOW

Phone • Drop in • Online

April - September 2024

Hants Health And Wellness Team

FREE Health and Wellness Programs



HealthAndWellnessTeam.ca



902-792-2052



HHWT@NSHealth.ca

Hants Community Hospital, 2nd floor
89 Payzant Drive, West Hants Regional Municipality



Our Services

Anyone within West Hants can self-refer to our health & wellness programs, health & wellness navigation, and emotional wellness counselling services.



Health and Wellness Programs

We provide FREE health and wellness programs on healthy eating, physical activity, emotional wellness, and risk factor management. Brief descriptions of our programs are provided in this flyer. Not sure where to start or want more information about a program? Give us a call and we are happy to provide more details.



Health and Wellness Navigation

Our team of health professionals know health care, the community and government systems. We work with individuals and families to help link you to existing resources to support your health and wellness in the community. If you are struggling with your health, physical activity, money, housing, or want to get more connected in your community, give us a call to get connected with one of our team members.

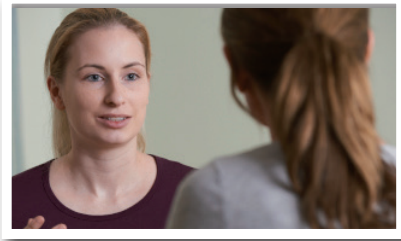
Wellness Programs By Request

In addition to the programs listed in this program flyer, our team is also willing to offer our programs in the community by request — a minimum of 5 people is required per program request.

Contact us at 902-792-2052 or HHWT@nshealth.ca today to discuss program options!

Our Services

To better serve you, a referral form from your primary care provider is preferred for the chronic disease management services, but not required.



Emotional Wellness Counselling

In addition to providing navigation services, we also provide individual and group counselling for emotional wellness. If you need a boost to cope with the stressors in your life, we can help you learn skills and strategies to better process your feelings and feel more in control of your emotions and behaviours to improve your quality of life.



Chronic Disease Prevention and Management

We provide individual and group programs for chronic disease prevention and management for people with diabetes, high blood pressure, high cholesterol, and/or those who need nutrition education and/or physical activity education/counselling. Our team will help you learn more about your chronic condition as well as skills and strategies to take charge of your health. This can range from lifestyle changes to recommendations on medications based on best practice guidelines to meet your personal needs.

Find A Program and More

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Health and Wellness Programs

Reducing Your Health Risks

Health Goal Coaching

Do you want to be healthier, but find it hard to make changes? You're not alone! It's not always enough to know what to do to be healthier. Making a plan and setting realistic goals can help you be more successful. If you want to learn how to do this, meet with a Health Goal Coach, and together, you can work on turning your ideas into a plan that you can follow. This program builds on the skills learned in the Ideas into Action program and provides you with an opportunity to meet one-on-one with a healthcare provider (your health goal coach) to get support in setting and achieving your goals. **Call 1-855-444-5557 and your health goal coach will contact you to book an appointment.**

Please click on the date to register for any of the programs you would like to attend:

Prediabetes

Prediabetes offers a warning that you are at risk of developing diabetes. Learn how lifestyle choices can give you a chance to change your future!

Wednesday	Apr. 24	6:00 pm - 8:30 pm	Brooklyn Civic Centre, 995 Route 2, Newport
Friday	Sept. 13	9:00 am - 11:30 am	Hants Community Hospital, Room 2A

Ideas into Action. Small Steps, Big Success!

Having difficulty reaching your health goals? Join us to learn the process of creating realistic and achievable goals to live your healthiest life.

Wednesday	May 8	6:00 pm - 7:30 pm	Brooklyn Civic Centre, 995 Route 215, Newport
Friday	Sept. 27	9:00 am - 10:30 am	Hants Community Hospital, Room 2A

Discovering Diabetes - 4 Week Series

This program is intended for adults newly diagnosed with Type 2 Diabetes and looking to learn more about the impacts of lifestyle changes on managing blood sugars. This series will follow the modules found on www.DiabetesNS.ca followed by a question and answer session.

Thursdays	Jun. 20 - Jul. 11	10:30 am - 11:45 am	Hants Community Hospital
Thursdays	Sept. 5 - 26	6:00 pm - 7:15 pm	Isabel & Roy Jodrey Memorial Library 10 Main Street, Hantsport

Building Better Sleep

Sleep is vital to our physical health, mental health and our overall well-being. Join us for a discussion about why we sleep, what impacts our sleep and other tips to get better sleep.

Thursday	Sept. 12	1:30 pm - 3:30 pm	Hants Community Hospital, Room 2A
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Health and Wellness Programs

Emotional Wellness

Mindfulness Drop in Sessions

Come and join us on the first Wednesday of every month to explore the practice of mindfulness and learn its benefits to health and well-being. This drop-in session includes a guided practice and discussion. **Pre-registration not required.**

Wednesday	Apr. 3	11:00 - Noon	Drop-in to Hants Community Hospital, Room 2A
Wednesday	May 1	11:00 - Noon	Drop-in to Hants Community Hospital, Room 2A
Wednesday	Jun. 5	11:00 - Noon	Drop-in to Hants Community Hospital, Room 2A
Wednesday	Jul. 3	11:00 - Noon	Drop-in to Hants Community Hospital, Room 2A
Wednesday	Aug. 7	11:00 - Noon	Drop-in to Hants Community Hospital, Room 2A
Wednesday	Sept. 4	11:00 - Noon	Drop-in to Hants Community Hospital, Room 2A

Please click on the date to register for any of the following programs you would like to attend:

Exploring Emotions: 4-Week Series

You will learn how to identify emotions and develop skills to respond effectively to a range of emotions. Attendance the first week of the series is required.

Mondays [Jun. 3 - 24](#) 6:00 pm - 8:00 pm Brooklyn Civic Centre
995 Route 215, Newport

Introduction to Self-Compassion [Click HERE to Register](#)

Being self-compassionate can help provide us comfort, improved health and increase our sense of satisfaction in our roles. Join us to try mindfulness-based practices to promote self-compassion when we experience difficulties in our everyday lives.

Friday [Jul. 19](#) 2:00 pm - 4:00 pm Hants Community Hospital, Room 2A

Introduction to Take Charge of Your Stress [Click HERE to Register](#)

In this program you will learn about stress, explore how you experience stress, and practice skills you can use to reduce stress symptoms.

Wednesday [Aug. 21](#) 1:30 pm - 3:30 pm Hants Community Hospital, Room 2A

Health and Wellness Programs

Physical Activity

Please click on the date to register for any of the following programs you would like to attend:

Introduction to 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.

Wednesday	Jul. 31	10:00 am - 11:30 am	Hants Community Hospital, Room 2A
Thursday	Aug. 29	1:30 pm - 3:00 pm	Hants Community Hospital, Room 2A

Safety screens are required before registration can be confirmed for the following programs. Please call us at 902-792-2052 to book a time to complete the tasks noted in the description.

Balance: 6-Week Series

This program is for adults who have a fear of falling or decreased balance but have not experienced more than 2 falls in the past month. Participants must be able to stand on their own without holding onto anything and able to exercise for 30 minutes at a low to moderate intensity without rest. Participants will exercise twice a week in a group setting with a physiotherapist. Please call to book a time to complete the physical activity and balance screen with the facilitator.

Tuesdays and Thursdays	Apr. 30 - Jun. 6	9:30 am - 11:30 am	Hants Community Hospital, Room 1A
Tuesdays and Thursdays	Sept. 10 - Oct. 17	9:30 am - 11:30 am	Hants Community Hospital, Room 1A

Ready, Set, Move! Stretching and Balance

Learn basic techniques of stretching and balance exercises so you can do these at home. Please call to complete a physical activity screen at least 5 business days before the program.

Wednesday	Jun. 12	6:00 pm - 8:00 pm	Brooklyn Civic Centre 995 Route 215, Newport
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Ready, Set, Move! Strengthening

Do you want to improve your strength, but not sure where to start? This session will teach you safe ways to do strengthening exercises, use different types of equipment and how to progress these exercises on your own. Please call to complete a physical activity screen at least 5 business days before the program.

Thursday	Jul. 25	9:30 am - 11:30 am	Hants Community Hospital, Room 1A
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Health and Wellness Programs

Nutrition And Healthy Eating

Please click on the date to register for any of the following programs you would like to attend:

Introduction To Beyond Weight

Your weight is a lot more complex than a number on a scale. This program explores factors that influence weight, expectations for weight loss, and strategies to support your health and wellness.

Wednesday [Jul. 10](#)

1:30 pm - 3:30 pm

Isabel & Roy Jodrey Memorial Library
10 Main Street, Hantsport

What To Eat When Your Blood Pressure And Cholesterol Are High: 4-Week Series

[Click HERE to Register](#)

This interactive, 4-week program will cover how food choices can naturally lower your blood pressure and cholesterol. You'll receive practical tips and recipes you can use at home. Each week builds on the information learned in the previous session. Attendance at all 4 sessions is encouraged.

Thursdays [May 16 - June 6](#)

6:00 pm - 7:15 pm

Isabel & Roy Jodrey Memorial Library
10 Main Street, Hantsport

Tuesdays [Aug. 27 - Sept. 17](#)

10:00 am - 11:15 am

Hants Community Hospital, Room 2A



Community Resources

A brief list of the many community resources that help your health and wellness in West Hants.

211

Free, 24 hour/day, 7 days/week help to connect with resources, programs and services in your community that you need most. Phone: 211 Website: NS211.ca

Alzheimer Society of Nova Scotia

The province-wide dementia helpline is a confidential service provided by a team of knowledgeable and caring staff. Call if concerned about memory loss, diagnosed with a type of dementia, or helping someone with the diagnosis. Phone: 1-800-611-6345 Website: Alzheimer.ca/ns/

Caregivers NS

Provides programs, services, and strong advocacy for caregivers. Phone: 902-680-8706 Email: Valley@CareGiversNS.org Website: CareGiversNS.org

DiabetesNS

Your resource for understanding and managing diabetes. Website: DiabetesNS.ca

Hants Learning Network

Computers can be overwhelming. So can going back to school, helping children learn, and meeting new people. Hants Learning Network has free programs for adults and families that make learning fun and accessible. Phone: 902-792-6754 Website: HantsLearning.com

Libraries

Offering a range of free programs, book and media lending. Website: ValleyLibrary.ca/Branches/
Windsor Public Library Isabel & Roy Jodrey Memorial Library
195 Albert St, Windsor 10 Main Street, Hantsport
Phone: 902-798-5424 Phone: 902-684-0103

NSWalks

A program of Hike NS, offering friendly, gentle weekly walking groups to help less active adults in Nova Scotia enjoy the benefits of walking. Website: NSWalks.ca

Stop Smoking Program, Nova Scotia Health

Stop smoking, tobacco cessation and nicotine addiction services are available for individuals who want to cut back or stop their tobacco (cigarettes, cigars, vape, chew, etc.) use. Phone: 1-855-922-1122 Website: mha.nshealth.ca/en/services/stop-smoking-program

West Hants Recreation

Provides the programs, services and facilities, including parks and open space properties, that enhance the health and quality of life for our residents and visitors. Phone: 902-798-8391 extension 124 Website: WestHants.ca/Rec

HealthyNS

Spring/Summer 2024

FREE online health and wellness programs for Nova Scotians!

Sign up at
HealthyNS.ca



Self-
Management



Reducing
Your Health
Risks



Healthy
Eating



Physical
Activity



Mental
Wellness



Parenting



Questions? Email us at:
healthyns@nshealth.ca



Community Resources

The YourHealthNS App



Much of Nova Scotia's healthcare program and service information is now available on the **YourHealthNS** mobile app. Download for free on the **Apple Store** and **Android Apps for Google Play**.



Download on the
App Store



GET IT ON
Google Play

There's a **Community Pharmacy Primary Care Clinic** near you!

PHARMACISTS AT THE CLINIC CAN:



Manage your Diabetes, Asthma, COPD, or Heart Disease

This could include making sure medications are working for you, prescribing renewals or dose changes if needed. On-site testing for A1C and cholesterol is available and bloodwork may be ordered if appropriate. Pharmacists can care for patients, starting new medications, adjusting medications and giving advice on lifestyle changes.



Assess and Prescribe for Strep Throat

Pharmacists can do an assessment to determine if you have the symptoms of Strep Throat. In some cases, they will be able to provide a test and prescribe medication if it is positive.



Provide Medication Reviews

A medication review is an appointment to review all of your prescription medications, over the counter medications and natural health products. Your pharmacist can help you determine what is working well, if any medications are causing side effects and if any changes are recommended. They can work together with other members of your healthcare team.



Assess and Prescribe for Minor Ailments

Pharmacists can assess and prescribe for a number of minor ailments such as pink eye, heart burn, fungal infections of the skin, mild eczema, and more.



Provide INR monitoring

On-site INR monitoring for patients on warfarin is available and pharmacists are able to adjust the dose of your warfarin based on the result.



Provide injections and immunizations including injectable medications, and vaccines; both publicly funded (tetanus, etc) & non-publicly funded (shingles, etc). **Flu and COVID vaccines are given at most pharmacies and booked outside of primary care clinics.**



PHARMACISTS AT ANY PHARMACY CAN:

Provide Shingles treatment

Assess and prescribe for uncomplicated UTIs

Assess and prescribe for birth control.

Provide prescription renewals

Many other services – call your pharmacy to find out more

WINDSOR PHARMASAVE (30 Gerrish St, Windsor, NS) is proud to provide this clinic service to the people of Windsor and surrounding areas. **Services are provided free of charge with a valid NS Healthcard.**

To book an appointment:

<https://pharmasave.com/windsor/primarycare> | (902) 798-2216



Our Schedule at a Glance




Hants Health and Wellness Team April - September 2024

Please see program descriptions for registration and location information.
Descriptions are found on the page noted.

Program area	Program Name:	Date:	Time:	Page:
Emotional Wellness	Mindfulness Drop-in	Wed. Apr. 3	11:00am-12:00pm	5
Reducing Health Risks	Prediabetes	Wed, Apr. 24	6:00pm-8:30pm	4
Physical Activity	Building Better Balance 6-Week Series	Tues. and Thurs' Apr. 30 - Jun. 6	9:30am- 11:30am	6
Emotional Wellness	Mindfulness Drop-in	Wed. May 1	11:00am-12:00pm	5
Reducing Health Risks	Ideas into Action: Small Steps, Big Success!	Wed, May 8	6:00pm-7:30pm	4
Nutrition	What to Eat When Your Blood Pressure and Cholesterol are High: 4-Week Series	Thurs' May 16 - Jun. 6	6:00pm-7:15pm	7
Emotional Wellness	Mindfulness Drop-in	Wed. Jun. 5	11:00am-12:00pm	5
Emotional Wellness	Exploring Emotions 4-Week Series	Mon, Jun. 3 - 24	6:00pm-8:00pm	5
Physical Activity	Ready, Set. Move! Stretching and Balance	Wed, Jun. 12	6:00pm-8:00pm	6
Reducing Health Risks	Discovering Diabetes 4-Week Series	Thurs' Jun. 20 - Jul. 11	10:30-11:45am	4
Emotional Wellness	Mindfulness Drop-in	Wed. Jul. 3	11:00am-12:00pm	5
Nutrition	Introduction to Beyond Weight	Wed, Jul. 10	1:30pm-3:30pm	7
Emotional Wellness	Introduction to Self-Compassion	Fri, Jul. 19	2:00pm-4:00pm	5
Physical Activity	Ready, Set. Move! Strengthening	Thurs, Jul. 25	9:30am-11:30am	6
Physical Activity	Mindful Movement	Wed, Jul. 31	10:00am-11:30am	6
Emotional Wellness	Mindfulness Drop-in	Wed. Aug. 7	11:00am-12:00pm	5
Emotional Wellness	Introduction to Take Charge of Your Stress	Wed, Aug. 21	1:30pm-3:30pm	5
Nutrition	What to Eat When Your Blood Pressure and Cholesterol are High: 4-Week Series	Tues' Aug. 27 - Sept. 17	10:00am-11:15am	7
Physical Activity	Mindful Movement	Thurs, Aug. 29	1:30pm-3:00pm	6
Emotional Wellness	Mindfulness Drop-in	Wed. Sept. 4	11:00am-12:00pm	5
Reducing Health Risks	Discovering Diabetes 4-Week Series	Thurs' Sept. 5 - 26	6:00pm-7:15pm	4
Physical Activity	Building Better Balance 6-Week Series	Tues. and Thurs' Sept. 10 - Oct. 17	9:30am-11:30am	6
Reducing Health Risks	Building Better Sleep	Thurs, Sept. 12	1:30pm-3:30pm	4
Reducing Health Risks	Prediabetes	Fri, Sept. 13	9:00am-11:30am	4
Reducing Health Risks	Ideas into Action: Small Steps, Big Success!	Fri, Sept. 27	9:00am-10:30am	4

Learn More and Connect with Us

 902-792-2052

 HHWT@NSHealth.ca

 HealthAndWellnessTeam.ca

What is the Hants Health and Wellness Team?

We are a health care team that promotes mental and physical wellness and self-management of chronic conditions.

We do this by helping individuals gain knowledge, skills, and confidence to take charge of their own health. Our clinical team includes:

- Dietitians
- Emotional Wellness Counsellor/Navigator
- Registered Nurse
- Wellness Facilitator (Physiotherapist)
- Administrative Assistant
- Team Lead
- Health Services Manager

We offer free programs and services to help you be your best self!

How Do I Get Connected to Your Services



902-792-2052

NOTE: Call us to register or if you're unable to attend a session you signed up for.



HHWT@NSHealth.ca



HealthAndWellnessTeam.ca

Register online! (Health & Wellness programs only)



Drop in and visit us on the 2nd floor of the **Hants Community Hospital, 89 Payzant Drive in Windsor.**

We'd be happy to talk about our programs and to help you sign up!

Hants Health and Wellness Team

West Hants Regional Municipality