

REGISTER NOW

Phone • Drop in • Online

April - September 2025

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

We are a program of Nova Scotia Health and our services are free. Any adult within West Hants can self-refer with a valid Nova Scotia health card.

Individual appointments to help you maintain wellness and/or manage long-term health conditions:



Nutrition Education: Learn how food can boost your health

Interested in how nutrition affects your health, especially with conditions like high cholesterol or hypertension? Our dietitians offer one-on-one advice and practical tips to help you make better food choices. Work with us to improve your health through the right nutrition.



Diabetes Management: Support for living with diabetes

Whether you're newly diagnosed or have managed diabetes for years, our team is here to help. We provide personalized care and tools to help you manage diabetes and improve your overall health. We will work with you to create a plan that fits your needs.



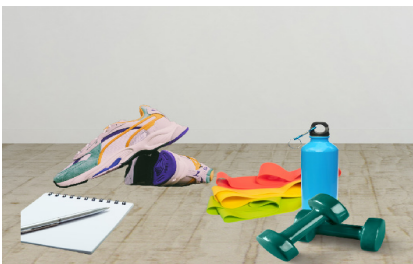
Emotional Wellness Counselling: Support when you need it

If you're dealing with mild stress, grief, or adjusting to life changes, our emotional wellness counselling provides a safe space for you. We will help you explore your feelings and learn ways to cope, so you can improve your overall quality of life. If you think you may need more than this, call the Mental Health and Addictions Central Intake line at 1-855-922-1122.



Wellness Navigation: Finding the right resources

Finding the right community resources can be tough. Our wellness navigation service helps you connect with local programs and services that support your health. If you need help while waiting, call 211.



Physical Activity Counselling: Boost your movement

If you're finding it hard to stay active, our physical activity counselling can help. Work with our team to create a personalized plan that fits your goals, whether you want to move more, get fitter, or feel more energized in your daily life.

Our Services

Health and Wellness Programs

Join Our Community

We offer free group programs on condition management, healthy eating, physical activity, emotional wellness, and reducing your health risks. There are brief descriptions of our programs in this flyer. If you are not sure where to start or want more information, please call us. We are happy to answer your questions.



Does your community group want us to discuss our services or offer a program? Please call or email us to learn more.

Minimum of 5 participants is required.
902-792-2052
HHWT@NSHealth.ca

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Health and Wellness Programs

Reducing Your Health Risks

Health Goal Coaching

Do you want to make positive changes to your health? Are you having trouble sticking to your goals or feeling unsure about where to begin? You're not alone! A Health Goal Coach can support you with your goals and staying on track. To book an intake appointment book online at HealthyNS.ca or Call 1-855-444-5557.

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

Making the Most of Your Daily Energy

Many Nova Scotians experience fatigue as a result of a health condition or other factors. This program will provide education and strategies that can be used to help you manage your fatigue in everyday life and maximize your available energy. Practicing energy management can help individuals improve their immediate and long-term health.

Monday [May 26](#) 10:30 am - noon Hants Community Hospital, 89 Payzant Dr. Room 2A

Prediabetes

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.

Thursday [May 22](#) 9:30 am - noon Hants Community Hospital, 89 Payzant Dr. , Room 1A

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.

Thursday [June 5](#) 9:30 am - 11:00 am Hants Community Hospital, 89 Payzant Dr. Room 1A
Friday [September 12](#) 2:00 pm - 3:30 pm Wellwood Hall, Hantsport Baptist Church 6 Willow St.,
Hantsport

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.

Tuesday [June 17](#) 6:00 pm - 8:00 pm Windsor Regional Library, 195 Albert St., Windsor

Where to Go for Care

Want to know where to go for care in a rapidly evolving health care system? This session covers options like VirtualCareNS, Community Pharmacy Primary Care Clinics, and more. Note: This session helps with self-management and navigation of the health care system but does not provide medical advice, access to providers, or appointment booking.

Friday [July 11](#) 10:00 am - 11:00 am Hants Community Hospital, 89 Payzant Dr. Room 2A

Health and Wellness Programs

Mental Wellness

Mindfulness Drop in Sessions

Come and join us on the first Wednesday of the 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 April 2 11:00 - Noon Drop-in to Hants Community Hospital, Room 2A

Wednesday May 7 11:00 - Noon Drop-in to Hants Community Hospital, Room 2A

Wednesday June 4 11:00 - Noon Drop-in to Hants Community Hospital, Room 2A

Wednesday September 3 11:00 - Noon Drop-in to Hants Community Hospital, Room 2A

Please note we are having a summer break in July and August.

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

Take Charge of Your Stress - 1 Week Program

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

Thursday [May 29](#) 6:00 pm - 8:00 pm Three Mile Plains Community Hall, 4474 Highway 1, Windsor

Self-Compassion - 4 Week Program

Being self-compassionate can help provide us comfort, improved health and increase our sense of satisfaction in our roles. Join us to delve deeper and try mindfulness-based practices to promote self-compassion when we experience difficulties in our everyday lives. Attendance the first week of the series is required.

Thursdays [July 10 - July 31](#) 1:30 pm - 3:30 pm Hants Community Hospital, 89 Payzant Dr., Room 1A

Exploring Emotions - 4 Week Program

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.

Tuesdays [May 6 - May 27](#) 10:00 am - noon Windsor Regional Library, 195 Albert St. Windsor

Take Charge of Your Stress - 4 Week Program

Stress can have significant impacts on our health and wellbeing. Together we will learn about stress, explore how we experience stress, and practice a variety of skills you can use to reduce stress symptoms. Attendance the first week of the series is required.

Thursdays [August 7 - August 28](#) 6:00 pm - 8:00 pm Three Mile Plains Community Hall, 4474 Highway 1, Windsor

Health and Wellness Programs

Physical Activity

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

Move More for Better Health

Our bodies were designed to move and that can be challenging. Learn about the impact on our health with too much sitting and share ways to move more in our homes, neighborhoods and communities.

Tuesday [June 24](#) 2:00 pm - 3:30 pm Hants Community Hospital, 89 Payzant Dr. Room 2A

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 [May 14](#) 1:30 pm - 3:00 pm Hants Community Hospital, 89 Payzant Dr. Room 2A

Safety screens are required before registration can be confirmed for the following programs. Please call us at 902-792-2052 to complete a screen.

Building Better Balance - 6 Week Program

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 902-792-2052 to complete a screen before April 29.

Tuesdays and Thursdays May 6 - June 12 1:30 pm - 3:30pm Hants Community Hospital
89 Payzant Dr., Room 1A

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. Please call 902-792-2052 to complete a screen before July 3.

Thursday July 10 2:00 pm - 4:00 pm West Hants Sports Complex, 16 Centennial Dr., Windsor

Ready Set, Move! Stretching and Balance

Learn the basic techniques of stretching and balance exercises so you can do these at home. Please call 902-792-2052 to complete a screen before August 6.

Tuesday August 12 1:30 pm - 3:30 pm West Hants Sports Complex, 16 Centennial Dr., Windsor

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 902-792-2052 to complete a screen before August 12.

Wednesday August 20 2:00 pm - 4:00 pm West Hants Sports Complex, 16 Centennial Dr., Windsor

Health and Wellness Programs

Safety screens are required before registration can be confirmed for the following programs. Please call us at 902-792-2052 to complete a screen.

Balance Basics - 2 Week Program

Do you want to feel more steady and confident on your feet? Balance Basics is a two week program that will give people strategies to improve their balance and prevent falls. Each session will include exercise and group discussion. Participants will be shown strength and balance exercises that they can do at home. Please call 902-792-2052 to complete a screen before September 1.

Mondays September 8 and 15

6:00 pm - 8:00 pm

Hants Community Hospital, Room 1A

Healthy Eating

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

First Bites: Raising A Happy Eater- 4-week program

This workshop focuses on providing guidance to parents on how to introduce solids to their infants using a baby led feeding approach.

Mondays

[May 26 - June 16](#)

10:00 am - 11:30 am

Wellwood Hall, Hantsport Baptist Church 6
Willow St., Hantsport

Healthy Eating 101

Confused about where to start with healthy eating? Get back to basics with information on eating well from Canada's Food Guide.

Wednesday

[May 21](#)

1:30 pm - 2:30 pm

Hants Community Hospital, 89 Payzant Dr.
Room 2A

Making the Most of Your Food Dollar

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 at home.

Tuesday

[July 8](#)

6:00 pm - 7:15 pm

Windsor Regional Library, 195 Albert St., Windsor

Beyond Weight - 1 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. We will explore the many factors that influence weight, expectations for weight loss and strategies to support your health and wellness.

Wednesday

[July 9](#)

6:00 pm - 8:00 pm

Windsor Regional Library, 195 Albert St., Windsor

Understanding Food Labels

Nutrition label reading made easy! You will learn to understand the numbers on food labels and practice your skills with real food examples. Learn to focus on nutrients that matter to your health goals.

Tuesday

[August 19](#)

2:00 pm - 3:30 pm

Hants Community Hospital, 89 Payzant Dr.
Room 2A

Health and Wellness Programs

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

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

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.

Wednesdays [September 3 - 24](#) 1:30 pm - 2:45 pm

Wellwood Hall, Hantsport Baptist Church
6 Willow St., Hantsport

Be Good to Your Gut 2 week program

Did you know that good health starts in your gut? Learn how your digestive system works, the role of your gut bacteria, and how to feed your gut for good health.

Tuesday [September 9 and 16](#) 10:00 am - 11:30 am

Hants Community Hospital
89 Payzant Dr. Room 2A



Community Resources

A brief list of the many community resources that support 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: NS.211.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

Community Pharmacy Primary Care Clinic

These pharmacist-led clinics will provide an extended suite of pharmacy primary care services at no charge to people with a valid Nova Scotia Health Card. These services include assessment and prescribing for Strep Throat, Pink Eye, UTIs, Chronic Disease Management (Diabetes, Asthma, COPD), prescription renewals for all medications and more. Publicly funded vaccines for adults and children are also available at these clinics as well as medical injections (fee may apply). These clinics are part of an ongoing study.
Windsor Pharmasave, 30 Gerrish St Website: <https://pharmasave.com/windsor/primarycare/> Phone: 902-798-2216, ext 8

DiabetesNS

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

Family Resource Centre of West Hants

Family Resource Centre of West Hants believes that families today take many different forms. All families can benefit from support and resources to enhance positive family values.
61 Morison Drive, Windsor Phone: (902) 798-5961 Find them on Facebook

Hants Learning Network

Whether you want to get your high school equivalency, improve your math skills, learn computer skills, prepare for a job, or spend quality time with your children, Hants Learning Network has a free program for you.
90 Sanford Drive, Windsor Phone: 902-792-6754 Website: HantsLearning.com

Libraries

Offering a range of free programs, social opportunities, and book and media lending.

Website: ValleyLibrary.ca/Branches/

Windsor Public Library
195 Albert St, Windsor
Phone: 902-798-5424

Isabel & Roy Jodrey Memorial Library
10 Main Street, Hantsport
Phone: 902-684-0103

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

Community Resources

West Hants Access Clinic

Are you waiting for a primary care provider?
Call today and learn more.

- Non-Emergency Medical Appointments
- Women's Health Clinics
- Mobile Primary Care Clinics



48 GERRISH STREET, WINDSOR NS | 902-472-2998



HealthyNS

FREE Online health and wellness programs for Nova Scotians



Self-Management



Reducing Your Health Risks



Healthy Eating



Physical Activity



Mental Wellness



Parenting



Hants Health and Wellness Team partners with HealthyNS to offer free online health and wellness programs. Scan the QR code or visit HealthyNS.ca to explore the options!

Our Schedule at a Glance




Hants Health and Wellness Team April 2025 - September 2025

Please see program descriptions for registration and location information.

Descriptions are found in our flyer on the page noted.

Program area	Program Name:	Date:	Time:	Page
Emotional Wellness	Hants Mindfulness Drop-in	First Wednesday every month except July and August	11:00am-12:00pm	5
Physical Activity	Building Better Balance – 6 Week Program	Tues. and Thurs., May 6 - Jun 12	1:30 pm - 3:30pm	6
Emotional Wellness	Exploring Emotions	Tuesdays, May 6 - May 27	10:00 am - noon	5
Physical Activity	Mindful Movement	Wednesday, May 14	1:30 pm - 3:00 pm	6
Nutrition	Healthy Eating 101	Wednesday, May 21	1:30 pm - 2:30 pm	7
Nutrition	First Bites: Raising a Happy Eater	Mondays, May 26 - Jun 16	10:00am- 11:30am	7
Reducing Health Risks	Prediabetes	Thursday, May 22	9:30 am - noon	4
Reducing Health Risks	Making the Most of Your Daily Energy	Monday, May 26	10:30 am - noon	4
Emotional Wellness	Take Charge of Your Stress 1 week program	Thursday, May 29	6:00 pm - 8:00 pm	5
Reducing Health Risks	Ideas into Action-Small Steps, Big Success!	Thursday, June 5	9:30 am - 11:00 am	4
Reducing Health Risks	Building Better Sleep	Tuesday, June 17	6:00 pm - 8:00 pm	4
Physical Activity	Move More for Better Health	Tuesday, June 24,	2:00 pm - 3:30 pm	6
Nutrition	Making the Most of Your Food Dollar	Tuesday, July 8	6:00 pm - 7:15 pm	7
Nutrition	Beyond Weight- 1 Week Program	Wednesday, July 9	6:00 pm - 8:00 pm	7
Physical Activity	Ready, Set, Move! Introduction to Cardio	Thursday, July 10	2:00 pm - 4:00 pm	6
Emotional Wellness	Self-Compassion - 4 Week Program	Thursdays, July 10-31	1:30 pm - 3:30 pm	5
Reducing Health Risks	Where to go for care: West Hants	Friday, July 11	10:00am - 11:00am	4
Emotional Wellness	Take Charge of Your Stress 4 Week Program	Thursdays, August 7- 28	6:00 pm - 8:00 pm	5
Physical Activity	Ready Set, Move! Stretching and Balance	Tuesday, August 12	1:30 pm - 3:30 pm	6
Nutrition	Understanding Food Labels	Tuesday, August 19	2:00 pm - 3:30 pm	7
Physical Activity	Ready, Set, Move! Strengthening	Wednesday, August 20	2:00 pm - 4:00 pm	6
Nutrition	What to Eat When your Blood Pressure and Cholesterol are High- 4 week Program	Wednesdays, September 3 - 24	1:30 pm - 2:45 pm	8
Physical Activity	Balance Basics- 2 Week Program	Mondays, September 8 and 15	6:00 pm - 8:00 pm	7
Nutrition	Be Good to Your Gut- 2 week program	Tuesdays, September 9 and 16	10:00am-11:30am	8
Reducing Health Risks	Ideas into Action-Small Steps, Big Success!	Friday, September 12	2:00pm - 3:30pm	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 for health & wellness programs



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