

Hants Health and Wellness Team



FREE Health and Wellness Programs October 2025 - March 2026

 www.HealthAndWellnessTeam.ca  902-792-2052

 Hants Community Hospital, 2nd floor, 89 Payzant Drive, Windsor



About Hants Health and Wellness Team



The Hants Health and Wellness Team (HHWT) is a free service of Nova Scotia Health.

Our team supports adults in West Hants to build the knowledge, skills and confidence to take charge of their health. We promote mental wellness, physical wellness and managing long-term conditions. Our team includes dietitians, a nurse, a social worker, a physiotherapist, administrative staff, a team lead and a health service manager. *We offer caring, practical support through one-on-one appointments and group programs to help you live well.*

Any adult within West Hants can self-refer with a valid Nova Scotia health card.

How to Register

To register for individual services found on page 3, please call us at **902-792-2052**.

To register for group health and wellness programs, visit www.HealthAndWellnessTeam.ca and use the register now button. Some physical activity programs require registration by phone. See page 8 for details. **Questions?** Call us at 902-792-2052.

Table of Contents

Our Services	<u>Page 3</u>
Mental Wellness Programs	<u>Page 4</u>
Healthy Eating Programs	<u>Page 6</u>
Physical Activity Programs	<u>Page 8</u>
Reducing Health Risks Programs	<u>Page 10</u>
Schedule at a Glance	<u>Page 12</u>
Program Locations	<u>Page 13</u>

Hants Health and Wellness Team Services



Nutrition Education: Learn how food can boost your health

Meet with a dietitian to get simple tips and one-on-one advice. If you're living with high cholesterol, high blood pressure or just want to eat better, we'll work with you on small changes that make a big difference.



Diabetes Management: Support for living with diabetes

Whether you're newly diagnosed or have managed diabetes for years, we can give you tools and support to take charge of your health. Together, we'll build a plan that works for you.



Wellness Navigation: Finding the right resources

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



Emotional Wellness Counselling: Support when you need it

Stress, grief and life changes can be hard. Emotional Wellness Counselling offers a safe place to talk, explore feelings and learn coping skills. If you feel you may need more help, call the Mental Health and Addictions Central Intake line at 1-855-922-1122.



Physical Activity Counselling: Boost your movement

Being active looks different for everyone. Our team will work with you to build a plan that fits your goals, whether you want to move more, feel stronger, or have more energy in your day.



Health and Wellness Programming: Join our free sessions

Join our free group programs on healthy eating, physical activity, mental wellness and reducing health risks. Program descriptions and schedules are included in this program flyer. If you're not sure where to start, give us a call, we're happy to help.

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 or HHWT@NSHealth.ca.

Hants 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 wellbeing. This drop-in session includes a guided practice and discussion. Pre-registration not required.

Please note: the drop-in will be cancelled if AVRCE schools are closed.

Dates	Time	Location
First Wednesday of each month Oct. 1, Nov. 5, Dec. 3, Jan. 7, Feb. 4, Mar. 4	11:00 a.m. - Noon	Hants Community Hospital, Room 2A

Exploring Emotions (4-week series)

In this four-week program, you will learn how to identify emotions and develop skills to respond effectively to a range of emotions.

Dates	Time	Location	Register
Thursdays, Oct. 23 to Nov. 13	1:30 - 3:30 p.m.	Hants Community Hospital, Room 2A	Click here

How to Speak Assertively (3-week series)

Expressing our needs can be difficult. In this program you will learn about communication and practice assertiveness skills (e.g. active listening, saying no and making requests).

Dates	Time	Location	Register
Wednesdays, Nov. 12 to 26	1:30 - 3:30 p.m.	Wellwood Hall, Hantsport Baptist Church	Click here

Take Charge of Your Stress (1-week series)

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

Date	Time	Location	Register
Tuesday, Dec. 9	1:30 - 3:30 p.m.	Windsor Regional Library	Click here

Take Charge of Your Stress (4-week series)

Stress can have significant impacts on our health and wellbeing. We will learn about stress, explore how we experience stress and practice a variety of skills you can use to reduce stress symptoms.

Dates	Time	Location	Register
Wednesdays, Feb. 25 to March 18	2:00 - 4:00 p.m.	Wellwood Hall, Hantsport Baptist Church	Click here

Time Management and Wellbeing

Not enough time in your day? Too much time? Learning how to manage your time is a vital skill to help you make the most of your day! Join us to discover time management skills you can use in life.

Date	Time	Location	Register
Wednesday, Nov. 19	1:30 - 3:30 p.m.	Hants Community Hospital, Room 1B	Click here

Looking for healthcare options?



visit www.nshealth.ca/WhereToGoForHealthcare
or scan the QR code

Beyond Weight (11-week series)

This program supports you to shift focus away from weight as a measure of your health. We will explore how to make lasting change in the areas of nutrition, physical activity and mental wellbeing. We will discuss the complexities of weight and learn strategies to support change. This program does not focus on “dieting” and individualized meal plans will not be provided. Each week you will set your own goals and make a plan to achieve them.

Dates	Time	Location	Register
Tuesdays, Jan.13 to March 24	2:30 - 4:00 p.m.	Hants Community Hospital, Room 1A	Click here

What to Eat When your Blood Pressure and Cholesterol are High (4-week series)

This four-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.

Dates	Time	Location	Register
Tuesdays, Nov. 18 to Dec. 9	10:00 - 11:15 a.m.	Hants Community Hospital, Room 2A	Click here
Thursdays, March 5 to 26	6:30 - 7:45 p.m.	Three Mile Plains Community Hall	Click here

Be Good to Your Gut (2-week series)

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.

Dates	Time	Location	Register
Mondays, Jan. 19 and 26	10:00 - 11:30 a.m.	Three Mile Plains Community Hall	Click here

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.

Dates	Time	Location	Register
Mondays, Oct. 20 to Nov. 10	1:30 - 2:45 p.m.	Hants Community Hospital, Room 2A	Click here
Thursdays, Jan. 15 to Feb. 5	6:30 - 7:45 p.m.	Three Mile Plains Community Hall	Click here

Healthy Eating

Eat Well, Age Well

Healthy eating is important at any age, but it plays a key role in promoting physical and emotional wellness as you get older. Learn about nutrients, foods and habits to help you eat well as you age.

Date	Time	Location	Register
Friday, Oct. 24	1:30 - 3:30 p.m.	Windsor Regional Library	Click here

First Bites: Raising a Happy Eater (4-week series)

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

Dates	Time	Location	Register
Wednesdays, Nov. 19 to Dec. 10	1:30 - 2:30 p.m.	Family Resource Centre of West Hants	Click here

Healthy Eating 101

Not sure where to start with healthy eating? This program gets back to basics, offering simple and practical guidance to help you make balanced and nourishing food choices.

Date	Time	Location	Register
Tuesday, Nov. 25	2:00 - 3:00 p.m.	Windsor Regional Library	Click here

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.

Date	Time	Location	Register
Monday, Feb. 23	2:00 - 3:15 p.m.	Hants Community Hospital, Room 2A	Click here

Understanding Food Labels

Learn how to read food labels, understand the numbers and focus on the nutrients that matter for your health goals. Practice with real food examples and build confidence in making informed choices.

Date	Time	Location	Register
Thursday, Feb. 26	2:00 - 3:30 p.m.	Windsor Regional Library	Click here

Mindful Movement

Mindful Movement blends physical activity with mindfulness, focusing on awareness and presence during gentle movement. It aims to connect mind and body, improving physical and mental wellbeing.

Date	Time	Location	Register
Monday, Jan. 12	1:30 - 3:00 p.m.	Hants Community Hospital, Room 2A	Click here

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, neighbourhoods and communities.

Date	Time	Location	Register
Wednesday, Feb. 11	1:30 - 3:00 p.m.	Hants Community Hospital, Room 2A	Click here



Physical Activity



*Safety screens are required when registering for the following programs.
Call 902-792-2052 to complete a screen and register.*

One Step at a Time Exercise Program (6-week series)

This six-session series is for people who have difficulty being physically active or exercising. Learn the basics of a physical activity program, exercise in a group setting and create your own plan. You will also learn about the 24-hour movement guidelines and community resources to help you reach your goals.

Dates	Time	Location	Register
Thursdays, Oct. 23 to Nov. 27	10:00 - Noon	Three Mile Plains Community Hall	Call 902-792-2052 by Oct. 17

Ready Set, Move! Stretching and Balance

Learn the basic techniques of stretching and balance exercises so you can do these at home.

Please note: Indoor shoes are required.

Date	Time	Location	Register
Tuesday, March 10	10:00 - Noon	Wellwood Hall Gym Hantsport Baptist Church	Call 902-792-2052 by March 3

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 note: Indoor shoes are required.

Date	Time	Location	Register
Tuesday, Oct. 28	10:00 - Noon	Wellwood Hall Gym Hantsport Baptist Church	Call 902-792-2052 by Oct. 21

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 note: Indoor shoes are required.*

Date	Time	Location	Register
Tuesday, March 3	10:00 - Noon	Wellwood Hall Gym Hantsport Baptist Church	Call 902-792-2052 by Feb. 24

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.

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 wellbeing. Join us for a discussion about why we sleep, what impacts our sleep and discover other tips to get a better sleep.

Date	Time	Location	Register
Thursday, Dec. 11	1:30 - 3:30 p.m.	Three Mile Plains Community Hall	Click here

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.

Date	Time	Location	Register
Wednesday, Nov. 5	1:30 - 3:00 p.m.	Wellwood Hall, Hantsport Baptist Church	Click here
Thursday, March 5	10:00 - 11:30 a.m.	Hants Community Hospital, Room 1A	Click here

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.

Date	Time	Location	Register
Friday, March 13	10:30 a.m. - Noon	Hants Community Hospital, Room 2A	Click here

Reducing Health Risks

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.

Dates	Time	Location	Register
Wednesday, Oct. 22	1:00 - 4:00 p.m.	Wellwood Hall, Hantsport Baptist Church	Click here
Thursday, Feb. 19	9:30 - 12:30 p.m.	Hants Community Hospital, Room 1A	Click here

Where to Go for Care: Primary Health Care Options in West Hants

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.

Please 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.

Date	Time	Location	Register
Wednesday, March 25	2:00 - 3:00 p.m.	Windsor Regional Library	Click here

Looking for virtual program options?

The Hants Health and Wellness Team partners with HealthyNS to provide flexible program options. **HealthyNS** provides virtual health and wellness programs to all Nova Scotians.



SCAN ME

To see all virtual programs visit www.HealthyNS.ca or scan the QR code

Schedule at a Glance

Program Area	Program Name	Date	Time	Page
Mental Wellness	Hants Mindfulness Drop-in Sessions	First Wednesday of every month	11:00 a.m. - Noon	4
Healthy Eating	Discovering Diabetes (4 weeks)	Mondays, Oct. 20 to Nov. 10	1:30 - 2:45 p.m.	6
Reducing Health Risks	Prediabetes	Wednesday, Oct. 22	1:00 - 4:00 p.m.	11
Physical Activity	One Step at a Time Exercise Program (6 weeks)	Thursdays, Oct. 23 to Nov. 27	10:00 a.m. - Noon	9
Mental Wellness	Exploring Emotions (4 weeks)	Thursdays, Oct. 23 to Nov. 13	1:30 - 3:30 p.m.	4
Healthy Eating	Eat Well, Age Well	Friday, Oct. 24	1:30 - 3:30 p.m.	7
Physical Activity	Ready, Set, Move! Introduction to Cardio	Tuesday, Oct. 28	10:00 a.m. - Noon	9
Reducing Health Risks	Ideas into Action: Small Steps, Big Success!	Wednesday, Nov. 5	1:30 - 3:00 p.m.	10
Mental Wellness	How to Speak Assertively (3 weeks)	Wednesdays, Nov. 12 to 26	1:30 - 3:30 p.m.	4
Healthy Eating	What to Eat When Your Blood Pressure and Cholesterol are High (4 weeks)	Tuesdays, Nov. 18 to Dec. 9	10:00 - 11:15 a.m.	6
Mental Wellness	Time Management and Wellbeing	Wednesday, Nov. 19	1:30 - 3:30 p.m.	5
Healthy Eating	First Bites: Raising a Happy Eater (4 weeks)	Wednesdays, Nov. 19 to Dec. 10	1:30 - 2:30 p.m.	7
Healthy Eating	Healthy Eating 101	Tuesday, Nov. 25	2:00 - 3:00 p.m.	7
Mental Wellness	Take Charge of Your Stress (1 week)	Tuesday, Dec. 9	1:30 - 3:30 p.m.	4
Reducing Health Risks	Building Better Sleep	Thursday, Dec. 11	1:30 - 3:30 p.m.	10
Physical Activity	Mindful Movement	Monday, January 12	1:30 - 3:00 p.m.	8
Healthy Eating	Discovering Diabetes (4 weeks)	Thursdays, Jan. 15 to Feb. 5	6:30 - 7:45 p.m.	6
Healthy Eating	Beyond Weight (11 weeks)	Tuesdays, Jan. 13 to March 24	2:30 - 4:00 p.m.	6
Healthy Eating	Be Good to Your Gut (2 weeks)	Mondays, Jan. 19 and 26	10:00 - 11:30 a.m.	6
Physical Activity	Move More for Better Health	Wednesday, Feb. 11	1:30 - 3:30 p.m.	8
Reducing Health Risks	Prediabetes	Thursday, Feb. 19	9:30 a.m. - 12:30 p.m.	11
Healthy Eating	Making the Most of Your Food Dollar	Monday, Feb. 23	2:00 - 3:15 p.m.	7
Mental Wellness	Take Charge of Your Stress (4 weeks)	Wednesdays, Feb. 25 to March 18	2:00 - 4:00 p.m.	5
Healthy Eating	Understanding Food Labels	Thursday, Feb. 26	2:00 - 3:30 p.m.	7
Physical Activity	Ready, Set, Move! Strengthening	Tuesday, March 3	10:00 a.m. - Noon	9
Reducing Health Risks	Ideas into Action: Small Steps, Big Success!	Thursday, March 5	10:00 - 11:30 a.m.	10
Healthy Eating	What to Eat When Your Blood Pressure and Cholesterol are High (4 weeks)	Thursdays, March 5 to 26	6:30 - 7:45 p.m.	6
Physical Activity	Ready Set, Move! Stretching and Balance	Tuesday, March 10	10:00 a.m. - Noon	9
Reducing Health Risks	Making the Most of Your Daily Energy	Friday, March 13	10:30 a.m. - Noon	10
Reducing Health Risks	Where to Go for Care: Primary Health Care Options in West Hants	Wednesday, March 25	2:00 - 3:00 p.m.	11

Program Locations

Location

Hants Community Hospital
Windsor Regional Library
Three Mile Plains Community Hall
Family Resource Centre of West Hants
Wellwood Hall, Hantsport Baptist Church
Wellwood Hall Gym, Hantsport Baptist Church

Address

89 Payzant Drive, Windsor
195 Albert Street, Windsor
4474 Highway 1, Windsor
61 Morison Drive, Windsor
6 Willow Street, Hantsport
6 Willow Street, Hantsport

Connect with Us

The Hants Health and Wellness Team is a healthcare team that promotes mental and physical wellness and self-management of chronic conditions.

We help individuals gain knowledge, skills and confidence to take charge of their health.

Our clinical team includes:

- Dietitians
- Social Worker
- Registered Nurse
- Physiotherapist
- Administrative Assistant
- Team Lead
- Health Services Manager

You can register for our programs online, by phone or dropping in to see us in person. We are happy to talk about our programs and to help you sign up!



902-792-2052



www.HealthAndWellnessTeam.ca



HHWT@NSHealth.ca



Hants Community Hospital, 2nd floor.