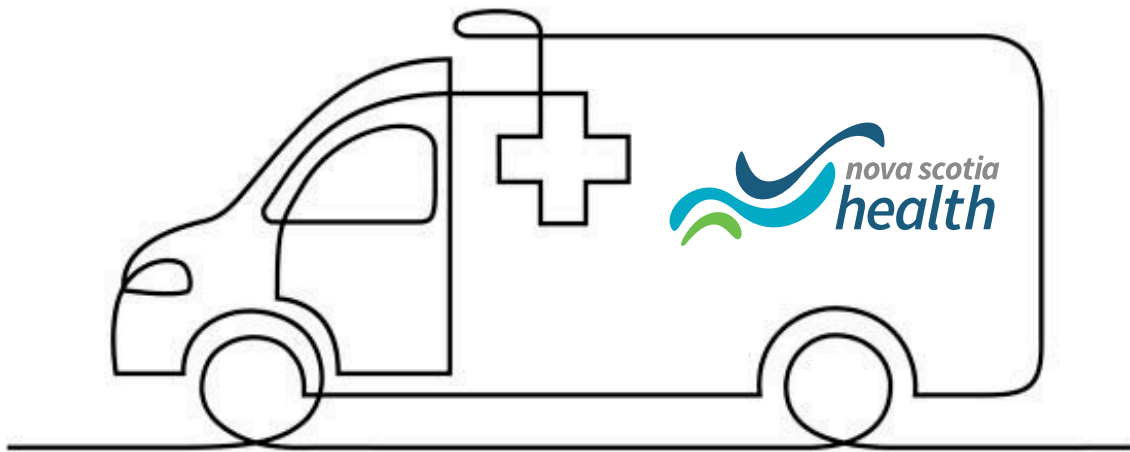


Northern Zone Mobile Health and Wellness Team

Spring/Summer 2025 Programs and Events



Nurse
Practitioner
Clinic

Home
Visits

Walking
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Community
Events

Drop-In
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Programs
& Services



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For more information about
our services and team calendar,
scan the QR Code!

Meet Our Team



PHARMACIST

Medication Reviews
Prescription Renewals
Chronic Disease Management
Certified Diabetes Educator



EMOTIONAL WELLNESS

Healthcare and Community Resource Navigation
Group/Individual Counselling (Mild-Moderate)
Emotional Wellness Intervention/Promotion



FAMILY PRACTICE NURSE

Health Promotion
Illness Prevention
Immunizations
Sexual Health Information



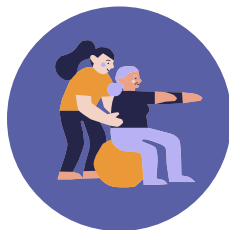
SOCIAL WORKER

Social Function
Counselling/Therapy
Social Services Support



DIETITIAN

Nutrition Counselling
Planning and Education
Diet and Lifestyle Coaching



OCCUPATIONAL THERAPIST

Functional Abilities Assessment
Home and Falls Risk Assessment
Mobility Aids and/or Specialized Equipment
Disability Management and Treatment Plan



For more information about our services and team calendar, scan the QR Code!

What is the Northern Zone Mobile Health and Wellness Team?

The Northern Zone Mobile Health and Wellness Team is a collaborative group of healthcare providers available to provide one-on-one confidential appointments, group programs and navigation of healthcare services.

We can support you in your community, at home, virtually or in our office space in Truro.

Colchester, East Hants and Cumberland residents can self-refer to our FREE health & wellness services or request a visit to your community by contacting us at

[782-370-0424](tel:782-370-0424) or NZHWT@nshealth.ca



For more information about our services and team calendar, scan the QR Code!

Programs/Services our Team Offers:

Contact our office at 782-370-0424 if you are interested in having our team present any of these programs at an event in your community!

Seniors Wellness

This is a 30-minute presentation, with opportunity for discussion to follow, regarding health and wellness of seniors with a focus on interventions that can lead to improved health outcomes with age

Topics discussed in this presentation:

- Nutrition and medication considerations as we age
- The best type of activity to maintain overall health and protect bone health
- Strategies to “keep sharp” and maintain brain health
- Falls prevention strategies
- Sleep hygiene and improving your quality of sleep
- Seniors pharmacare information
- Grants and rebate programs available to seniors
- Resources will be available to participants to support topics discussed in the presentation

Falls Prevention

Falls are the most common preventable injury in Canada. Learn about simple strategies to prevent falls at home and in the community. This group will discuss how to set up your home environment to decrease the risk of falls, including furniture layout, lighting and general risks. This group will also discuss what can put you at a higher risk of falls. After attending this group, you will be more aware of fall risks in your home and will be provided with general recommendations from an occupational therapist. The occupational therapist can also discuss equipment and adaptive devices to decrease fall risk.



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Metabolic Disease Prevention

This is a 30-minute presentation, with opportunity for discussion to follow, regarding common conditions that lead to metabolic syndrome and lifestyle changes you can focus on to prevent and manage these conditions

Topics discussed in this presentation:

- Explain metabolic syndrome and common medical conditions associated with it

Individual conditions we will focus on:

- Type 2 diabetes, Non-alcoholic fatty liver disease/Metabolic dysfunction associated steatosis liver disease, Hypertension, Obesity, High cholesterol
- Common screening and treatment protocols
- Lifestyle changes to prevent and manage individual conditions
- Opportunity for participants to have blood pressure and blood glucose monitoring (completed by pharmacist or nurse)
- Resources will be available to participants to support topics discussed in the presentation

Walker Trials

Experiencing mobility challenges? Join us for one of our wellness walks or reach out to schedule a personalized one-on-one walker trial. During this session, you'll collaborate with an occupational therapist to explore and identify a gait aid that best suits your mobility needs and lifestyle.



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Meal Planning and Recipe Inspiration

Meal planning can seem intimidating, and it can be hard to know where to start. Learn about the foundations for successful meal planning and leave with a plan that is flexible and realistic for you. You will receive a worksheet to help make a meal plan and a recipe booklet to start you on your journey.

Beyond Weight

This is a presentation designed to support you to shift focus away from weight as a measure of your health. We will discuss the complexities of weight and explore how to make lasting change in the areas of nutrition, physical activity and mental well-being. Please book in for our Beyond Weight Program if you are looking for more in-depth conversations on any of the topics discussed in this presentation

Eat Well, Age Well

Healthy eating is essential at any age, but it becomes even more important for maintaining physical and emotional well-being as you get older. Join this program to explore key nutrients, food choices, and habits that support healthy aging and overall wellness.



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Grocery Store Tours

Join a registered dietitian for an interactive grocery store tour and learn how to read food labels and make healthier choices, shop smart on a budget, navigate special diets (diabetes, heart health, allergies), and debunk nutrition myths and avoid misleading claims!

First Bites: Raising and Happy Eater

This workshop focuses on providing guidance to parents on how to introduce solids to their infants using a baby-led feeding approach, which encourages self-feeding, allowing babies to explore different textures and flavors at their own pace.

Additional Nutrition Programs:

- Explore the Mediterranean Diet
- Food and Mood
- Beginners Guide to Plant-Based Eating
- Making the Most of Your Food Dollar
- Be Good to Your Gut
- Understanding Food Labels
- Food for 1 or 2
- Debunking Nutrition Myths
- Prediabetes



For more information about our services and team calendar, scan the QR Code!

Diabetes Boot Camp

(Bi-Weekly 2hr Drop-In)

Meet with our Pharmacist/Diabetes Educator to learn about diabetes, gain control, and set yourself up to be in the driver's seat when it comes to managing your condition

What you'll gain:

Practical tips from a certified diabetes educator with over 15 years of experience in diabetes management

A management plan tailored to you that takes your personal goals and characteristics into consideration

Ability to book private, one-on-one sessions for a more detailed visit

On-going support on an as needed basis and access to other team members (dietician, social worker, nurse, emotional wellness counselor, occupational therapist)

Program Overview:

What is Diabetes? Explain type 1 vs. type 2 diabetes and why it is so important to keep blood glucose under control early on

Know your numbers - Review target blood glucose, A1C, blood pressure, cholesterol etc

Nutrition and lifestyle changes - discuss how to make changes to better manage diabetes focusing on sustainable, practical solutions that fit your lifestyle

Blood glucose monitoring- How and when to check, available devices and how they help you understand your blood sugar patterns, how food and activity impact blood sugar and how to detect and treat low blood sugar properly

Diabetes medications - review available medications to treat type 2 diabetes, including oral medications as well as insulin and other injectable medications highlighting how they work, common side effects and an opportunity to ask the pharmacist questions



For more information about our services and team calendar, scan the QR Code!

Your Weight Journey

(Bi-Weekly 2hr Drop-In)

This program is a complement and extension of our Beyond Weight presentation where patients have the opportunity to meet with our team members to explore ways to shift the focus from “quick fix” to long term, sustainable change.

What you'll Gain:

- Knowledge on obesity as a chronic medical condition, freedom from guilt, shame and blame, access to a healthcare professional with over 10 years of experience in obesity management and most of all, an opportunity to speak about your weight journey without judgement or bias
- Ability to book private, one-on-one sessions for a more detailed visit
- On-going support on an as needed basis and access to other team members (dietician, social worker, nurse, emotional wellness counselor, occupational therapist)

Program Overview:

Obesity and the appetite system- explain the appetite system, obesity as a chronic medical condition, and why you may have struggled to keep weight off, or lost weight on a particular program in the past that isn't working now. This is likely information you have not heard before! We will also explore your personal weight journey and look at current barriers, high risk times of day and plans to set you up for success with sustainable weight loss

Values over goals - A deep dive into your “why” for weight loss and how it differs from goals you may have set in the past ...and how it will help keep you on track long term!

Diets- What is the best diet? the one you can stick with forever! We look at focusing on sustainable, long-term changes that are tailored to foods you like and that work with your lifestyle and explore ways to slowly introduce these changes over time

Building resilience - we look at common thoughts that may have derailed your weight loss efforts in the past and how to talk back to those thoughts and build resilience and restraint

Treatment overview- explore the 3 pillars of treatment for obesity, focusing on medications to treat obesity and how they work, side effects, and some common misconceptions



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ADHD Navigator

(Monthly Virtual Evening Drop-In)

Join Our ADHD Support Group!

Looking for a space where you truly belong? Our ADHD Support Group offers a fun, judgment-free zone where you can connect with others who get it! Through games, engaging chats, and shared experiences, we focus on building community, boosting confidence, and celebrating the unique strengths of ADHD minds.

What to Expect:

Interactive games to keep things lively

Honest, supportive conversations

A safe and welcoming space to be yourself

Let's laugh, learn, and grow together!

Sign up now and bring your ADHD superpowers to the table.

This is not a traditional group, and you won't have to share if you don't want to.



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Nutrition Counselling

(Monthly Drop-In)

Have questions about food and nutrition? Drop in for a one-on-one session with a registered dietitian! Get personalized guidance on healthy eating, meal planning, managing health conditions, and more--no referral or appointment needed.

What we Offer:

Personalized Nutrition Assessment and Guidance -- Expert advice tailored to your health goals and lifestyle.

Healthy Eating Support -- Learn how to build balanced meals, choose nutritious foods, and create sustainable habits.

Clinical Nutrition Support -- Evidence-based guidance for managing medical conditions such as diabetes, heart disease, high blood pressure, digestive disorders, and more.

Meal Planning & Budget-Friendly Shopping -- Tips for meal prep, grocery shopping, and making the most of your food budget.

Understanding Food Labels & Nutrition Myths -- Decode food labels and get science-backed answers to common nutrition questions.



For more information about our services and team calendar, scan the QR Code!

Nurse Practitioner

Mobile Health and Wellness Clinic

Our mobile health and wellness team is helping to ensure that we are bridging the gap for healthcare and wellness services currently being experienced in this area.

Mondays Drop-In

Please see website for information and locations!

Types of concerns that may addressed at this clinic include:

- Prescription refills or renewals
- Minor respiratory symptoms
- Sore throat, Earaches
- Fever, Headache
- Rashes
- Minor gastrointestinal concerns (vomiting and diarrhea)
- Cough, flu or cold symptoms
- Urinary Tract infections
- Muscle pain
- Minor pelvic or abdominal pain
- Blood pressure control
- Smoking cessation

If your care needs extend beyond what the mobile health and wellness clinic is able to provide, there are alternative ways to access healthcare:

911 (for urgent and life-threatening concerns)

VirtualCareNS (nshealth.ca/virtualcarens)

811 (for trusted, everyday health information and advice)

211 (for information on health, mental health and addiction services in your community)

NS Health website (www.nshealth.ca/wheretogoforhealthcare)



For more information about our services and team calendar, scan the QR Code!

Home Visits

Book an appointment for a home visit by calling 782-370-0424. Feel free to request one or more member/s of our team to attend.

Here is what we can support with:

Occupational Therapy

Gather medical history, previous level of mobility, any history of falls.

Gather information on the individual's routine, including cooking, bathing, dressing, and mobility challenges.

Assess your home environment for potential falls risks and observe how you interact with your home environment. The OT may make suggestions on how to complete activities more safely or provide suggestions on furniture arrangements or home modifications to increase safety, or the OT may recommend equipment to keep you safe at home. The OT may also offer strategies for family members to assist the individual with daily tasks while minimizing the risk of injury.

Pharmacy

Medication Reviews - A detailed review of your current medications looking into potential drug interactions, reason for use, assessing appropriateness of current doses and providing you with a detailed medication list for you to have on hand for appointments. The pharmacist can also take any expired medications for safe disposal and discuss strategies to manage medication such as blister packs

Chronic Disease Management - Sit and discuss your medical conditions such as diabetes, obesity, heart health and mental health, assess current medications and any related techniques such as injection technique, current lifestyle management etc. The pharmacist can communicate with your physician regarding any recommendations following the assessment and offer non-medication strategies and resources to better manage your condition. Blood pressure and blood glucose could be assessed by the pharmacist during the visit



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Here is what we can support with:

Social Work and Emotional Wellness Counselling & Navigation

- Individual and family needed assessment and interventions.
- Support with healthcare and community resource navigation:
- Seniors care grants
- Housing repair grants
- Disability supports
- Housing and long-term care
- Medication affordability
- Mild to moderate mental health challenges for individuals and families
- Group support session
- Grief and loss
- Anxiety depression

Walking Groups

Join members of our team for group wellness walks at any of the below locations. Connect with people in your community and engage in light movement while socializing with others and learning about different topics related to health and wellness

Available upon Request



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Community Events

Five Islands: Community Care and Connect

Londonderry: Community Care and Connect

Tatamagouche Library
Wellness Clinic

Truro Food Bank
Education Sessions

CMHA Truro Branch
Wellness Clinic

Truro: Seniors Social Event
Drop-In Session

(see website for scheduled events)

How Do I Get Connected to Your Services?

782-370-0424

Email NZHWT@nshealth.ca

<https://www.nshealth.ca/clinics-programs-and-services/northern-zone-mobile-health-and-wellness-team-0>

Located at 640 Prince Street, Unit 204 for appointments and programming.



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