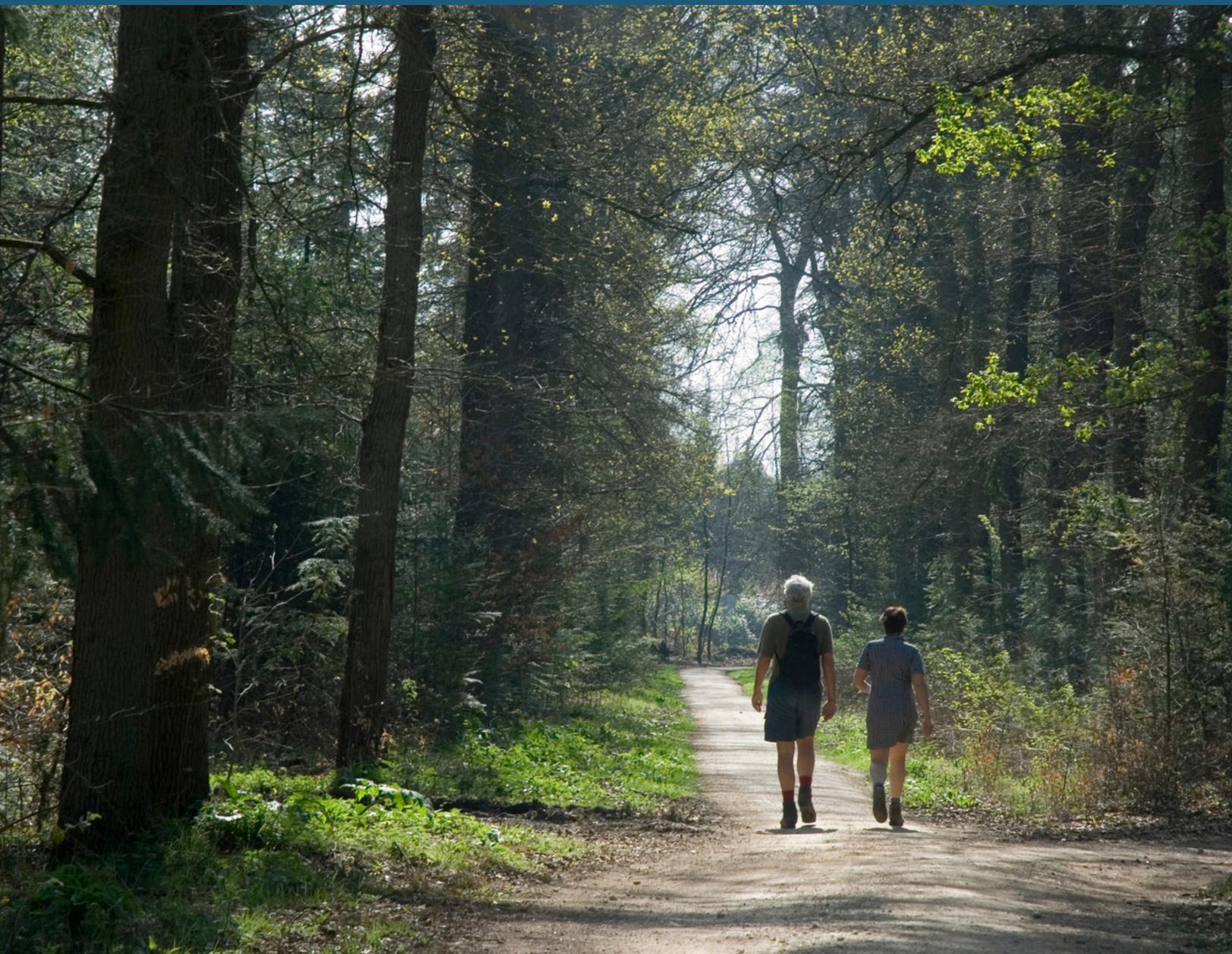


Hants Health and Wellness Team



FREE Health and Wellness Programs April - September 2026

 www.HealthAndWellnessTeam.ca  [902-792-2052](tel: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 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, physiotherapists, 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 9 for details. **Questions?** Call us at **902-792-2052**.

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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.



Social Work Support: Helping you manage life's challenges

Meet with our social worker for short-term, supportive counselling. Get help managing everyday stress and adjusting to life changes. We take a holistic, person-centred approach and can support you with mild anxiety, depression or grief. Psychotherapy and structured mental health treatments are not offered.



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](tel:902-792-2052) or HHWT@NSHealth.ca.

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
Fridays, May 15-July 24	1:30-3:30 p.m.	Hants Community Hospital, Room 2A	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
Wednesdays, June 3-24	1:30-3:30 p.m.	Windsor Regional Library	Click here

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
Tuesday, May 12	6:00-8:00 p.m.	Hants Community Hospital, Room 1A	Click here

Discovering Diabetes (5-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
Tuesdays, Sept. 15-Oct. 13	2:30-3:45 p.m.	Hants Community Hospital, Room 2A	Click here

Eating Well

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, April 15-May 6	1:30-2:30 p.m.	Family Resource Centre of West Hants	Click here
Wednesdays, Sept. 9-23 AND Oct. 7	1:30-2:30 p.m.	Family Resource Centre of West Hants	Click here

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.

Dates	Time	Location	Register
Monday, June 8	1:30-3:30 p.m.	Hants Community Hospital, room 1A	Click here
Thursday, Sept. 3	10:00 a.m.-Noon	Wellwood Hall, Hantsport Baptist Church	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, August 24	6:00-7:15 p.m.	Hants Community Hospital, Room 1A	Click here

Food for One or Two

Get inspired to start cooking healthy meals at home for one or two! You will get easy recipes and helpful strategies to plan meals for your small household. There will be no cooking in this program.

Date	Time	Location	Register
Wednesday, May 27	2:00-3:30 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, April 9	1:30-3:00 p.m.	Windsor Regional Library	Click here
Monday, June 22	10:00-11:30 a.m.	Hants Community Hospital, Room 2A	Click here

Want to try a program but can't attend all the sessions? No problem, just let us know which ones you can attend.



Food and Mood (2-week series)

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!

Dates	Time	Location	Register
Mondays, May 4 & 11	10:00-11:15 a.m.	Hants Community Hospital, Room 2A	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, April 20 & 27	10:00-11:30 a.m.	Three Mile Plains Community Hall	Click here
Tuesdays, July 21 & 28	6:00-7:30 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
Wednesday, July 29	10:00-11:30 a.m.	Hants Community Hospital, Room 1A	Click here

Understanding Pain

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.

Date	Time	Location	Register
Mondays, April 20 & 27	1:30-3:30 p.m.	Hants Community Hospital, Room 2A	Click here
Tuesdays, Sept. 15 & 22	1:30-3:30 p.m.	Hants Community Hospital, Room 1A	Click here

Balance Basics (2-week series)

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.

Dates	Time	Location	Register
Wednesdays, July 15 & 22	1:30-3:30 p.m.	Hants Community Hospital, Room 1A	Click here





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

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 two falls in the past year. Participants must be able to stand on their own without holding on to 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.

Call **902-792-2052** for registration and physical activity screen. A physiotherapist will review and confirm all registrations. Indoor shoes are required at this location.

Dates	Time	Location	Register
Wednesdays AND Fridays, Aug. 19- Sept. 25	10:00 a.m.-12:00 p.m.	Three Mile Plains Community Hall, 4474 Highway 1	Call 902-792-2052 by August 5

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
Mondays, June 1-July 6	1:00-3:00 p.m.	Wellwood Hall Gym, Hantsport Baptist Church	Call 902-792-2052 by May 18

Ready, Set, Move! Introduction to Strength and Cardio

Learn the Canadian Guidelines for how much exercise you need for health benefits. Do you want to improve your strength and cardiovascular fitness but are not sure where to start? This session will teach you safe ways to do aerobic and resistance exercises and how to progress these exercises on your own.

Please note: Indoor shoes are required.

Date	Time	Location	Register
Fridays, April 17 & 24	10:00 a.m.-Noon	Three Mile Plains Community Hall, 4474 Highway 1	Call 902-792-2052 by April 3

Moving Well



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

Low Intensity Exercise Program (10-Week Series)

Do you have a chronic health condition that limits your ability to walk or exercise for more than 15 minutes? You will participate in a group class that includes walking/chair cardio as well as exercises for strength, balance, and flexibility. You will also receive support through sharing of physical activity resources, education, and goal setting. Participants will exercise twice a week in a group setting with a physiotherapist.

Registration for this program cannot be completed online. Please register before April 21. Call **902-792-2052** for registration and physical activity screen. An in-person intake session with our Wellness Facilitator (Physiotherapist) is required for enrollment.

Dates	Time	Location	Register
Tuesdays May 5-July 7 AND	1:30-3:30 p.m.	Three Mile Plains Community Hall, 4474 Highway 1	Call 902-792-2052 by April 21
Fridays May 8-July 10	9:30-11:30 a.m.		

Living Well

Hants Mindfulness Drop-in Sessions

Come and join us on the first Wednesday of April and May 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
Wednesdays, April 1 & May 6	11:00 a.m.-Noon	Hants Community Hospital, Room 2A

Self-Compassion (4-Week series)

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.

Dates	Time	Location	Register
Thursdays, May 7-28	1:30-3:30 p.m.	Windsor Regional Library	Click here

Health Strategies for Perimenopause and Beyond (3-Week Series)

If you are feeling that this is impacting your life, you are not alone. Join us as we explore key areas of physical, emotional, and nutritional wellbeing to help you navigate this transition with greater confidence and support.

Please note: While we discuss general resources, clinical guidance on medications including hormone replacement therapy will not be covered in this program.

Dates	Time	Location	Register
Wednesdays Sept. 9-23	6:00-8:00 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
Thursdays, August 13-27	1:30-3:30 p.m.	Hants Community Hospital, Room 2A	Click here

Free Time and You

Leisure and recreation can have a big impact on our health and wellbeing. There are ways you can connect with things that interest you and experience enjoyment. Join us to explore strategies and resources to make the most of your free time.

Dates	Time	Location	Register
Tuesday, April 14	2:30-3:30 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
Thursdays, June 4-25	6:00-8:00 p.m.	Hants Community Hospital, Room 2A	Click here

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.

Dates	Time	Location	Register
Thursday, July 23	1:30-3:30 p.m.	Windsor Regional Library	Click here



Need general help or information? Call 211

Connect to community, government, and social services in Nova Scotia. — Free. Confidential. 24/7.

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.

Dates	Time	Location	Register
Monday, Sept. 28	2:00-3:00 p.m.	Hants Community Hospital, Room 1A	Click here

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.

Looking for healthcare options?



SCAN ME

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

Register Now! | www.HealthAndWellnessTeam.ca | 902-792-2052

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, August 7	10:00-11:30 a.m.	Hants Community Hospital, Room 1A	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
Tuesday, May 26	6:00-7:30 p.m.	Hants Community Hospital, Room 1A	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.



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

Schedule at a Glance

Program Name	Date	Time	Page
Hants Mindfulness Drop-in Sessions	Wednesdays, April 1 & May 6	11:00 a.m.-Noon	<u>10</u>
Understanding Food Labels	Thursday, April 9	1:30-3:00 p.m.	<u>6</u>
Free Time and You	Tuesday, April 14	2:30-3:30 p.m.	<u>11</u>
First Bites: Raising a Happy Eater (4 weeks)	Wednesdays, April 15-May 6	1:30-2:30 p.m.	<u>5</u>
Ready, Set, Move! Strength/Cardio	Fridays, April 17 & 24	10:00 a.m.-Noon	<u>9</u>
Be Good to Your Gut (2 weeks)	Mondays, April 20 & 27	10-11:30 a.m.	<u>7</u>
Understanding Pain (2 weeks)	Mondays, April 20 & 27	1:30-3:30 p.m.	<u>8</u>
Food and Mood (2 weeks)	Mondays, May 4 & 11	10:00-11:15 a.m.	<u>7</u>
Low Intensity Exercise Program (10 weeks)	Tuesdays & Fridays, May 5-July 10	Tuesday: 1:30-3:30 p.m., Friday: 9:30-11:30 a.m.	<u>10</u>
Self-Compassion (4 weeks)	Thursdays, May 7-28	1:30-3:30 p.m.	<u>11</u>
Prediabetes	Tuesday, May 12	6:00-8:00 p.m.	<u>4</u>
Beyond Weight (11 weeks)	Fridays, May 15-July 24	1:30-3:30 p.m.	<u>4</u>
Ideas into Action: Small Steps, Big Success!	Tuesday, May 26	6:00-7:30 p.m.	<u>14</u>
Food for One or Two	Wednesday, May 27	2:00-3:30 p.m.	<u>6</u>
One Step Exercise Program (6 weeks)	Mondays, June 1-July 6	1:00-3:00 p.m.	<u>9</u>
What to Eat When Your Blood Pressure and Cholesterol are High (4 weeks)	Wednesdays, June 3-24	1:30-3:30 p.m.	<u>4</u>
Take Charge of Your Stress (4 weeks)	Thursdays, June 4-25	6:00-8:00 p.m.	<u>12</u>
Eat Well, Age Well	Monday, June 8	1:30-3:30 p.m.	<u>5</u>
Understanding Food Labels	Monday, June 22	10:00-11:30 a.m.	<u>6</u>
Balance Basics (2 weeks)	Wednesdays, July 15 & 22	1:30-3:30 p.m.	<u>8</u>
Be Good to Your Gut (2 weeks)	Tuesdays, July 21 & 28	6:00-7:30 p.m.	<u>7</u>
Building Better Sleep	Thursday, July 23	1:30-3:30 p.m.	<u>12</u>
Mindful Movement	Wednesday, July 29	10:00-11:30 a.m.	<u>8</u>
Making the Most of Your Daily Energy	Friday, Aug. 7	10:00-11:30 a.m.	<u>14</u>
How to Speak Assertively (3 weeks)	Thursdays, Aug. 13-27	1:30-3:30 p.m.	<u>11</u>
Building Better Balance (6 week)	Wednesdays & Fridays, Aug. 19- Sept. 25	10:00 a.m.-Noon	<u>9</u>
Making the Most of Your Food Dollar	Monday, Aug. 24	6:00-7:15 p.m.	<u>6</u>
Eat Well, Age Well	Thursday, Sept. 3	10:00 a.m.-Noon	<u>5</u>
Perimenopause and Beyond (3 week)	Wednesdays, Sept. 9-23	6:00-8:00 p.m.	<u>11</u>
First Bites: Raising a Happy Eater (4 weeks)	Wednesdays, Sept. 9-23 & Oct. 7	1:30-2:30 p.m.	<u>5</u>
Understanding Pain (2 weeks)	Tuesdays, Sept. 15 & 22	1:30-3:30 p.m.	<u>8</u>
Discovering Diabetes (5 week)	Tuesdays, Sept. 15-Oct. 13	2:30-3:45 p.m.	<u>4</u>
Where to Go for Care: Primary Health Care Options in West Hants	Monday, Sept. 28	2:00-3:00 p.m.	<u>13</u>

Program Locations

Location

Address

Hants Community Hospital	89 Payzant Drive, Windsor
Windsor Regional Library	195 Albert Street, Windsor
Three Mile Plains Community Hall	4474 Highway 1, Windsor
Family Resource Centre of West Hants	61 Morison Drive, Windsor
Wellwood Hall, Hantsport Baptist Church	6 Willow Street, Hantsport
Wellwood Hall Gym, Hantsport Baptist Church.....	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
- Physiotherapists
- Administrative Assistants
- 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.