

REGISTER NOW


Phone • Drop in • Online

OCTOBER 2023 - MARCH 2024

HANTS HEALTH & WELLNESS TEAM



FREE HEALTH & WELLNESS PROGRAMS

 **902-792-2052**

 **HHWT@nshealth.ca**

www.HealthandWellnessTeam.ca

Hants Community Hospital, 2nd floor
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 & WELLNESS PROGRAMS

We provide **FREE** health and wellness programs on healthy eating, physical activity, emotional wellness, and risk factor management. A brief description 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 & 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.

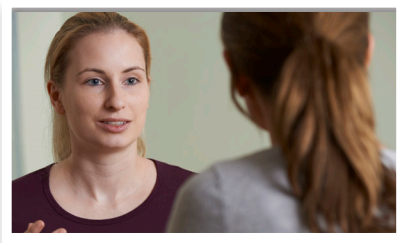
WELLNESS PROGRAMS BY REQUEST

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 8 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 & 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 & MORE

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HEALTH & WELLNESS PROGRAMS

REDUCING YOUR HEALTH RISKS

Please contact us to register for any of the following programs you would like to attend:

ATTENTION TO PREVENTION

This program is tailored for individuals age 40+ and focuses on prevention and screening of Hypertension, Diabetes and Arthritis. Comprehensive education and screening tools will be provided.

MONDAY, JANUARY 22

1:30-3:30 PM

Hants Community Hospital, Room 2A

[Click here to register!](#)

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.

FRIDAY, NOVEMBER 24

1:30-2:45 PM

Hants Community Hospital, Room 2A

[Click here to register!](#)

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.

MONDAYS, February 26, and March 4, 11, 18

5:00-6:15 PM

Hants Community Hospital, Room 2A

[Click here to register!](#)

HEALTH GOAL COACHING

Do you want to make positive changes to your health? Are you having trouble sticking to your goals and feeling unsure about where to begin? Meet with a Health Goal Coach! A Health Goal Coach can help you fine-tune your health goals and stay on the right track. This program is offered by www.HealthyNS.ca and open to anyone in Nova Scotia! For more information or to register call 1-855- 444-5557.

PRE-DIABETES - 3 WEEK SERIES

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! Attendance at the first week of the series is required.

FRIDAYS, October 13, 20, 27

1:30-2:45 PM

Hants Community Hospital, Room 2A

[Click here to register!](#)

HEALTH & WELLNESS PROGRAMS

EMOTIONAL WELLNESS

Please contact us to register for any of the following programs you would like to attend:

EXPLORING EMOTIONS: 4-WEEK SERIES

Are you curious about your emotions? In this series, you will learn how to identify emotions and develop skills to respond effectively to a range of emotions. Attendance week one is required.

TUESDAYS, MARCH 1, 8, 15, 22

1:30-2:45 PM

Hants Community Hospital, Room 2A

[Click here to register!](#)

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.

WEDNESDAYS, OCTOBER 4, NOVEMBER 1, DECEMBER 6, JANUARY 3, FEBRUARY 7, MARCH 6

11:00AM-NOON

Hants Community Hospital, Room 2A

SELF-COMPASSION: 4-WEEK SERIES

Being self compassionate can help provide comfort, improve health and increase satisfaction in our roles. Join us to practice ways to promote self-compassion when we experience difficulties in our everyday lives. We will build on concepts and practice over time. Attendance week one is required.

MONDAYS, JANUARY 8, 15, 22, 29

5:00-6:15 PM

Hants Community Hospital, Room 2A

[Click here to register!](#)



HEALTH & WELLNESS PROGRAMS

PHYSICAL ACTIVITY

Please contact us to register for any of the following programs you would like to attend:

BALANCE: 6-WEEK SERIES

Introducing Balance, a 6 week comprehensive and progressive program designed to enhance your balance and coordination skills. Facilitated by our Physiotherapist, this group meets twice a week and will help you improve gross and fine motor control, spatial awareness and fall prevention. A physical activity screen and assessment must be completed at least 5 business days prior to the program start date to confirm if this program is right for you. Please visit www.healthandwellnessteam.ca and click on Documents and Forms to download a physical activity screen or call 902-792-2052. Online registration is not currently available for this program.

TUESDAYS/THURSDAYS,
OCTOBER 31* and November 2, 7*, 9*, 14, 16*,
21, 23, 28*, 30, December 5, 7
9:30-11:30 AM
Hants Community Hospital, Room 1A

TUESDAYS/THURSDAYS,
January 9, 11, 16, 18, 23, 25, 30*
February 1, 6, 8, 13, 15
9:30-11:30 AM
Hants Community Hospital, Room 1A

*Location room may change on this date.



ONE STEP AT A TIME PROGRAM (1-STEP): 6-WEEK SERIES

This 6-week program is for people who have difficulty exercising due to a chronic condition, such as high blood pressure, diabetes or arthritis. You will participate in gentle movement including aerobic, stretching, strengthening, balance and relaxation exercises. A physical activity screen and assessment must be completed at least 5 business days prior to the program start date to confirm if this program is right for you. Please visit www.healthandwellnessteam.ca and click on Documents and Forms to download a physical activity screen or call 902-792-2052. Online registration is not currently available for this program.

TUESDAYS, NOVEMBER 8, 15, 22, 29
DECEMBER 6, 13
6:30-8:30 PM
Hants Community Hospital, Room 2A

GO GET FIT - PILOT

Do you have trouble staying consistent with your exercise goals? Are you willing to use technology to help stay accountable? If so, consider using GoGet.Fit! NS Health has partnered with GoGet.fit to pilot their physical activity accountability app. Scan the QR code to watch an introductory video. To learn more book a Physical Activity Counselling session with our Wellness Facilitator Physiotherapist by calling 902-792-2052.



HEALTH & WELLNESS PROGRAMS

NUTRITION AND HEALTHY EATING

Please contact us to register for any of the following programs you would like to attend:

INTRODUCTION TO BEYOND WEIGHT: 2-WEEK SERIES

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. Attendance week one is required to attend week two.

THURSDAY, NOVEMBER 23, 30

1:30-2:45 PM

Hants Community Hospital, Room 2A

[Click here to register!](#)

MAKING THE MOST OF YOUR FOOD DOLLAR

Rising food costs can make healthy eating expensive. 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.

THURSDAY, NOVEMBER 16

1:00-3:30 PM

Hants Community Hospital, Room 2B

[Click here to register!](#)

WHAT TO EAT WHEN YOUR BLOOD PRESSURE AND CHOLESTEROL ARE HIGH: 4-WEEK SERIES

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.

THURSDAY, OCTOBER 16, 23, 30 AND NOVEMBER 6

5:00-6:15 PM

Hants Community Hospital, Room 2A

[Click here to register!](#)



Tips for Safer Snow Shoveling

Warm Up! Prevent muscle strain and injury by stretching and getting your blood flowing before you start.

Dress in Layers. If it is cold out, wearing layers helps you adapt to the temperature, protect your skin and avoid overheating.

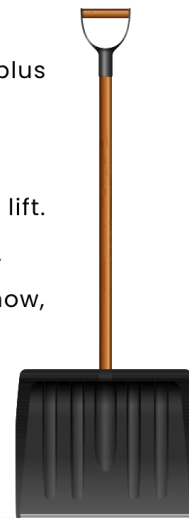
Know when to let the snow be. If the temperature is below -40°C , or -25°C plus a lot of wind, stay inside and wait for the weather to warm up.

Use the right tools. A long handled, lightweight shovel with an appropriately sized blade is important. Larger blades hold more snow, making it heavier to lift.

Go Slow. Working too fast can lead to sore muscles and risk of serious injury. When possible, shove the snow rather than lift it. If you have to throw your snow, throw it in front of you and avoid twisting at the waist.

Pay attention to what kind of snow you're shoveling.

Powdery snow is often lightweight and wetter, more packable snow is heavier. Assess the type of snow you're dealing with before you start so you can lift the right amount each time.



OAT AND PUMPKIN NO-BAKE BITES

INGREDIENTS

- 750 mL (3 cups) rolled oats
- 250 mL (1 cup) pure pumpkin puree (not pumpkin pie filling)
- 250 mL (1 cup) natural almond or peanut butter
- 125 mL (½ cup) maple syrup
- 5 mL (1 tsp) cinnamon
- 7 mL (½ tbsp) vanilla

DIRECTIONS

1. Combine ingredients in a large bowl.
2. Add seasoning and cook over low heat.
3. Transfer to a serving dish to enjoy!



- Prep time: 70 mins
- Cook time: 0 mins
- Servings: 36 bites



TIPS

- Can't find pumpkin purée? Try 1 cup of mashed ripe bananas instead.
- For more crunch, add 125 mL (½ cup) of unsalted chopped nuts, hemp seeds, chia seeds or unsweetened coconut flakes at step 1.
- Refrigerate extras for up to 7 days or freeze for up to 3 months.

Adapted from Canada's Food Guide





How to sign-up for the Need a Family Practice Registry

The Need a Family Practice Registry helps Nova Scotians who need a primary care provider (family doctor or nurse practitioner).

Registration Process

If you do not have a primary care provider or your provider is closing their practice, there are two ways you can join the Registry:

1. Register online at www.needafamilypractice.nshealth.ca
2. Call 811, Monday through Friday, from 10:00a.m. to 6:00 p.m.


Two weeks after you join the Registry, you can sign up for Virtual CareNS.

How to sign-up for VirtualCareNS

VirtualCareNS provides free online access to primary care for people on the Need a Family Practice Registry.

To sign up and use VirtualCareNS, you need the following:

- A valid Nova Scotia health card
- An e-mail address
- Access to the internet through a computer or mobile device
- Once you have signed up, you can have online visits with a primary care provider.



Once you have signed up, you can have online visits with a primary care provider. For more information visit:
www.nshealth.ca/virtualcare

HealthyNS

Are you looking for more **FREE** health and wellness programs? Visit **HealthyNS.ca** for **online options** offered live and on-demand.



Fall 2023/Winter 2024 topics include:

- Goal setting
- Personal care directives
- Frailty
- Pain
- Nutritious food on a budget
- How food impacts your mood
- Parenting
- Sitting less and moving more
- Speaking assertively
- Self-compassion
- Reducing stress
- My child is anxious, should I worry?
- And more!

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





HANTS HEALTH AND WELLNESS TEAM

OCTOBER 2023-MARCH 2024

Physical Activity	BALANCE: 6-WEEK SERIES	9:30-11:30 AM	Tues/Thurs, Oct 31 - Dec 7	HCH, Room 1A	Pre-Register
Emotional Wellness	MINDFULNESS (DROP IN)	11:00am-noon	Wed, Oct 4	HCH, Room 2A	Pre-Register
Reducing Health Risks	PRE-DIABETES - 3 WEEK SERIES	1:30-2:45 PM	Fri, Oct 13-27	HCH, Room 2A	Pre-Register
Nutrition	WHAT TO EAT WHEN YOUR BLOOD PRESSURE AND CHOLESTEROL ARE HIGH: 4-WEEK SERIES	5:00-6:15 PM	Thurs, Oct 16-Nov 6	HCH, Room 2A	Pre-Register
Emotional Wellness	MINDFULNESS DROP IN SESSION	11:00am-noon	Wed, Nov 1	HCH, Room 2A	Pre-Register
Physical Activity	ONE STEP AT A TIME PROGRAM (1-STEP): 6-WEEK SERIES	6:30-8:30 PM	Tues, Nov 8-Dec 13	HCH, Room 2A	Pre-Register
Nutrition	MAKING THE MOST OF YOUR FOOD DOLLAR	1:30-3:00 PM	Thurs, Nov 16	HCH, Room 2B	Pre-Register
Nutrition	Introduction to Beyond Weight: 2-WEEK SERIES	1:30-2:45 PM	Thurs, Nov 23-30	HCH, Room 2A	Pre-Register
Reducing Health Risks	BUILDING BETTER SLEEP	1:30-2:45 PM	Fri, Nov 24	HCH, Room 2A	Pre-Register
Emotional Wellness	MINDFULNESS DROP IN SESSION	11:00am-noon	Wed, Dec 6	HCH, Room 2A	Pre-Register
Emotional Wellness	MINDFULNESS DROP IN SESSION	11:00am-noon	Wed, Jan 3	HCH, Room 2A	Pre-Register
Emotional Wellness	SELF-COMPASSION: 4-WEEK SERIES	5:00-6:15 pm	Mon, Jan 8-29	HCH, Room 2A	Pre-Register
Physical Activity	BALANCE: 6-WEEK SERIES	9:30-11:30 AM	Tues/Thurs, Jan 9-Feb 15	HCH, Room 1A	Pre-Register
Reducing Health Risks	ATTENTION TO PREVENTION	1:30-3:30 PM	Mon, Jan 22	HCH, Room 2A	Pre-Register
Emotional Wellness	MINDFULNESS DROP IN SESSION	11:00am-noon	Wed, Feb 7	HCH, Room 2A	Pre-Register
Reducing Health Risks	DISCOVERING DIABETES: 4-WEEK SERIES	5:00-6:15 PM	Mon, Feb 26 & Mar 4-18	HCH, Room 2A	Pre-Register
Emotional Wellness	EXPLORING EMOTIONS: 4-WEEK SERIES	1:30-2:45 pm	Tues, Mar 1-22	HCH, Room 2A	Pre-Register
Emotional Wellness	MINDFULNESS DROP IN SESSION	11:00am-noon	Wed, Mar 6	HCH, Room 2A	Pre-Register
Reducing Health Risks	HEALTH GOAL COACHING	Anytime	Anytime	Self-Directed	Call 1-855-444-5557
Reducing Health Risks	GO GET FIT - PILOT	Anytime	Anytime	Self-Directed	Pre-Register

LEARN MORE AND CONNECT WITH US



902-792-2052



HHWT@nshealth.ca



www.healthandwellnessteam.ca

WHAT IS THE HANTS HEALTH & WELLNESS TEAM?

We are a health care team that promotes emotional 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 interdisciplinary clinical team includes:

- Dietitians,
- Emotional Wellness Counsellor/Navigator,
- Registered Nurse,
- Wellness Facilitator (Physiotherapist), as well as
- Administrative Assistant, Team Lead, and Health Service Manager.

We offer FREE programs and services to help you be your best SELF!

- Physical Activity,
- Nutrition and Healthy Eating,
- Reducing Your Health Risks,
- Emotional Wellness,
- and more!

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



WWW.HEALTHANDWELLNESSTEAM.CA

Register online!



DROP IN and visit us on the 2nd floor of the **Hants Community Hospital**.
We'd be happy to talk about our programs and to help you sign up!

HANTS HEALTH & WELLNESS TEAM

WEST HANTS REGIONAL MUNICIPALITY