



FREE HealthyNS Virtual Programs

Your trusted source for free online health programs and support.

HealthyNS is an initiative from **Nova Scotia Health** and **IWK Health** that offers free online health and wellness classes for people living in Nova Scotia.

HealthyNS programs are created and led by healthcare professionals with a focus on building healthy habits, reducing health risks and supporting mental and physical wellbeing.

Most programs are for adults (18+), but some are available for youth. **A valid Nova Scotia health card is required to register.**

Program topics:



Self-Management: Our sessions provide strategies to manage long-term conditions while building skills to improve your health and daily quality of life.



Reducing Health Risks: Learn practical ways to prevent illness, avoid injury and lower your risk of common health problems.



Mental Wellness: Learn strategies to manage stress, support your emotional health and improve overall wellbeing.



Healthy Eating: Healthy eating supports your energy, mood, and long-term health. These programs focus on realistic, balanced choices you can use every day.



Physical Activity: Regular activity lowers your risk of chronic illness and supports mental health. Our sessions focus on building strength, boosting energy, and staying active.



Parenting: These sessions help parents and caregivers strengthen relationships, guide children's growth and support a healthier family life.



Sign up now:
Visit HealthyNS.ca
or scan the QR code

