

HealthyNS

FREE online health and wellness programs for Nova Scotians



Program Guide: Spring - Summer 2026

www.HealthyNS.ca



Welcome to HealthyNS









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.**

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One-on-One Support

A little guidance can make a big difference.

Whether you're setting a new health goal or want to be more active, you can meet with a health goal coach or physical activity counsellor to build a realistic, step-by-step plan tailored to your needs. These free services are designed to help you take action, stay motivated and feel confident managing your health. These services are offered by licensed healthcare professionals.

*** New appointment slots are added regularly.**

Health Goal Coaching

Do you want to make positive changes to your health? Are you having trouble sticking to your goals or are unsure about where to begin? You're not alone. Meet one-on-one virtually with a health goal coach and together you will work on turning your goals into a plan you can follow.

✦ [Register here.](#)

Physical Activity Counselling

Discover how physical activity can improve your health and manage chronic conditions! Physical activity counselling empowers you to make long-lasting improvements to your physical activity levels. Meet one-on-one virtually with a physical activity counsellor and together you will create a personalized plan that helps meet your goals.

✦ [Register here.](#)





Self-Management

Learn skills to take charge of your health.

People who practice self-management strategies are more likely to feel confident, experience fewer symptoms and improve their quality of life. These programs are designed to help you build those skills in a supportive environment.

Advance Care Planning

Are you prepared for the future? Life insurance, a will and power of attorney are important—but there’s another kind of planning that costs nothing and ensures your medical and personal care wishes are respected. In this session, you’ll learn what advance care planning is and what to include in a personal directive.

 [Register here.](#)

DATES	TIME
Tuesday, April 21	Noon - 1:30 p.m.
Tuesday, June 4	2:00 - 3:30 p.m.
Tuesday, Aug. 4	2:00 - 3:30 p.m.
Thursday, Sept. 24	6:00 - 7:30 p.m.



NEW

Coping with Cancer (3-week series)

Living with cancer can bring stress, anxiety, and uncertainty. This three-session series shares practical skills to help manage worry, calm the mind and body, navigate uncertainty, and regain a sense of control, while also offering the opportunity to connect with others impacted by cancer.

 [Register here.](#)

DATES	TIME
Tuesdays, June 2, 16, & 30	Noon – 1:30 p.m.
Tuesdays, Sept. 1, 15, & 29	10:00 - 11:30 a.m.

NEW

Coping with Cancer – Dealing with Brain Fog

Many people notice changes in memory, focus, or clear thinking during or after cancer treatment. This session explains what cancer-related brain fog is and teaches simple ways to improve memory, lower stress, and handle everyday tasks, with tips for treatment, work, and where to find support.

 [Register here.](#)

DATES	TIME
Wednesday, April 29	10:00 - 11:30 a.m.
Thursday, May 28	2:00 – 3:30 p.m.
Tuesday, July 14	10:00 – 11:30 a.m.

Ideas into Action: Small Steps, Big Success

Struggling to reach your health goals, or not sure where to start? This interactive session is designed to get you thinking and planning. With guidance from facilitators and input from the group, you’ll learn how to set realistic goals and create a personal plan that fits your life. This is an active learning session where your ideas, reflections and engagement are key to making it meaningful. **Self-directed learning option is available [HERE](#).**

 [Register here.](#)

DATES	TIME
Tuesday, May 26	6:00 - 7:30 p.m.
Wednesday, June 24	2:00 - 3:30 p.m.



Let's Talk: Teens Building Their Self-Management Skills

This session is for parents and caregivers of children living with a health condition. You'll hear directly from youth who have moved into the adult healthcare system and learn why it's helpful to start the conversation about transition early. We'll explore what self-management means, why it matters, and how you and your child can begin building these skills together.

 [Register here.](#)

DATES

TIME

Friday, April 17

Noon - 12:45 p.m.

Making Healthcare Decisions for Someone Else

In this session we will review the basic expectations around being a substitute decision-maker, and discuss some of the things that can make it ethically challenging.

 [Register here.](#)

DATES

TIME

Monday, April 27

2:00 - 3:30 p.m.

Wednesday, Aug. 5

10:00 - 11:30 a.m.

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.

 [Register here.](#)

DATES

TIME

Monday, May 11

2:00 - 3:30 p.m.

Wednesday, June 24

10:00 - 11:30 a.m.

Tuesday, Aug. 25

Noon - 1:30 p.m.



Medical Assistance in Dying (MAiD): What You Need to Know

This session will explain what Medical Assistance in Dying (MAiD) is and how it works in Nova Scotia. You will learn about the laws, who can access MAiD and the steps involved.

✦ [Register here.](#)

DATES	TIME
Monday, April 20	2:00 - 3:30 p.m.
Tuesday, July 7	10:00 - 11:30 a.m.
Wednesday, Sept. 2	6:00 - 7:30 p.m.

Menopause Explained: From Symptoms to Strategies (2 week)

This two-week series explores the physical, emotional and lifestyle changes that can happen during the menopause transition. You'll learn about common symptoms, what's normal and what can be treated. The sessions include tips and guidance from a doctor and other healthcare professionals to help you feel more informed and in control.

✦ [Register here.](#)

DATES	TIME
Wednesdays, May 20 and 27	6:00 - 7:30 p.m.
Mondays, Sept. 14 and 21	6:00 - 7:30 p.m.

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 that you can use in your life. **Self-directed learning option is available [HERE](#).**

✦ [Register here.](#)

DATES	TIME
Monday, April 13	Noon - 1:30 p.m.
Thursday, July 9	2:00 - 3:30 p.m.



Where to Go for Care: Primary Health Care Options in Nova Scotia

Want to know where to go for care in a rapidly evolving health care system? This online session covers options like VirtualCareNS, Community Pharmacy Primary Care Clinics and more. 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.

 [Register here.](#)

DATES	TIME
Thursday, July 2	2:00 - 3:30 p.m.



You're in Charge: For Youth with a Chronic Health Condition (2-week series)

This peer-led workshop is for youth (ages 13 and up) living with a chronic health condition, along with their caregivers. It's an opportunity to start preparing for the transition from the pediatric to adult healthcare system. Through small-group activities and discussion, youth will connect with others, build self-management skills and gain confidence in managing their health. With guidance from trained peer facilitators, they'll set a personal health goal and create a plan to practice a new healthcare skill.

 [Register here.](#)

DATES	TIME
Tuesdays, May 5 and 19	6:00 - 7:30 p.m.



Reducing Health Risks

Take small steps toward better health.

Simple changes can make a big difference. These sessions help you understand your risk factors and explore realistic habits that make a big impact over time.

Actionable Allyship: Getting Started

Want to be a better ally to 2SLGBTQIA+ people but not sure where to start? This welcoming workshop is a great first step. We'll go over key terms and how to use gender-inclusive language and pronouns in ways that show respect and support. You'll learn what safer spaces are, why they matter, and you'll hear about the health and healthcare experiences of 2SLGBTQIA+ people. You'll also find out about prideHealth services and how to support 2SLGBTQIA+ people in your family, community and beyond.

 [Register here.](#)

DATES	TIME
Monday, May 4	6:00 - 7:30 p.m.
Thursday, Aug. 13	2:00 - 3:30 p.m.





Actionable Allyship: Courageous Action

Ready to take the next step in your allyship journey? This workshop builds on what you learned in Actionable Allyship: Getting Started. We'll explore how to practice meaningful, ongoing allyship for 2SLGBTQIA+ people. You'll learn strategies to challenge misinformation, support inclusion and create safer spaces in your community. This is a powerful opportunity to reflect, grow and take courageous action to support the wellbeing of 2SLGBTQIA+ people.

➤ [Register here.](#)

DATES	TIME
Monday, May 11	Noon - 1:30 p.m.
Thursday, Aug. 20	2:00 - 3:30 p.m.

Aging Well: Let's Talk About Frailty

Discover the secrets of aging well in this online program. Learn practical tips and advice to stay strong and healthy as you grow older.

➤ [Register here.](#)

DATES	TIME
Friday, April 10	10:00 - 11:30 a.m.
Wednesday, July 8	2:00 - 3:30 p.m.

Beyond Weight (1-week series)

Conversations about health often focus on weight, but health is more complex than a number. This program explores weight bias, the many factors that influence weight, and why it's time to redefine success beyond the scale.

➤ [Register here.](#)

DATES	TIME
Tuesday, April 28	Noon - 1:30 p.m.
Tuesday, August 18	10:00 - 11:30 a.m.



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.

➤ [Register here.](#)

DATES	TIME
Wednesday, Aug. 19	10:00 - 11:30 a.m.
Tuesday, Sept. 1	6:00 - 7:30 p.m.

Building Better Sleep (2-week lunchtime series)

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. Get the same great content from our one week Building Better Sleep program, now split into two shorter, lunchtime sessions designed to fit your schedule.

➤ [Register here.](#)

DATES	TIME
Mondays, June 22-29	Noon- 1:00 p.m.

COPD and Living Smoke Free (3-week series)

This nonjudgemental support group is for individuals living with COPD. The group offers education and strategies to work towards reducing or eliminating your nicotine use. Living with COPD can present unique challenges so let's come up with solutions to these challenges together.

➤ [Register here.](#)

DATES	TIME
Wednesdays, April 8-22	10:00 - 11:30 a.m.
Tuesdays, June 2-16	2:00 - 3:30 p.m.
Wednesdays, Sept. 9-23	6:00 - 7:30 p.m.



COPD and You

Learn the basics of COPD treatments and the support available to help you manage your lung health. Lung and wellness experts will share key information and provide a roadmap for getting the help you need. After the workshop, you can self-refer for individualized education and support.

 [Register here.](#)

DATES	TIME
Monday, April 13	2:00 - 3:30 p.m.
Tuesday, May 26	10:00 - 11:30 a.m.
Monday, Sept. 14	Noon - 1:30 p.m.

NEW

Falls: Tips to Stay Safe

Falls can happen to anyone. In this program we will talk about how to prevent slips, trips, and falls so you can continue to get the most out of life. This session will include information and discussion about falls prevention, including movement, health, and home safety tips.

 [Register here.](#)

DATES	TIME
Thursday, May 21	Noon - 1:30 p.m.

Prediabetes (3-week series)

Join our online Prediabetes program to understand what it means when your blood sugars are above the normal range. Discover the power of lifestyle choices, empowering you to take control of your future and make positive changes for a healthier life.

 [Register here.](#)

DATES	TIME
Tuesdays, May 5-19	6:00 - 7:30 p.m.
Wednesdays, June 3-17	2:00 - 3:30 p.m.
Fridays, Sept. 11-25	Noon - 1:30 p.m.



NEW

Rethinking Weight: Why Simple Advice Misses the Bigger Picture

In this two-part series, you'll learn the science behind how body weight is regulated and why it is influenced by more than just willpower. You'll build realistic expectations about how behavior affects weight, explore the emotions that can come with changing those expectations, and gain confidence to make informed, bias-free health decisions.

 [Register here.](#)

DATES	TIME
Mondays, April 13-20	6:00 - 7:30 p.m.
Tuesdays, June 16-23	Noon - 1:30 p.m.

NEW

Spring Vaccines Made Simple

Spring is a good time to check in on your vaccine protection. This session covers evidence-based information on COVID 19, shingles, and RSV vaccines recommended for adults 65 and older. Learn when to get them, why they matter, and how to access vaccines in Nova Scotia to help you stay well year round.

 [Register here.](#)

DATES	TIME
Wednesday, April 22	2:00 - 3:30 p.m.

Understanding Pain (3-week series)

This online 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.

 [Register here.](#)

DATES	TIME
Wednesdays, April 1-15	2:00 - 3:30 p.m.
Thursdays, Aug. 13-27	Noon - 1:00 p.m.



NEW

Why the Measles Vaccine Matters

Measles spreads easily and can cause serious illness, but it can be prevented. This session explains what measles is, how the vaccine protects you and others, and who should get it. You will also learn how to access vaccines in Nova Scotia to help keep your community healthy.

 [Register here.](#)

DATES	TIME
Thursday, June 11	Noon - 1:30 p.m.

Your Heart Matters (4-week series)

Many people have risk factors for heart disease and stroke. The good news is many of these can be managed and improved! In this series you will learn how healthy eating, physical activity, stress, sleep and substances impact your heart health. You will also learn how to create your own action plan for the changes you would like to make.

 [Register here.](#)

DATES	TIME
Mondays, April 20 - May 11	Noon - 2:00 p.m.
Thursdays, Sept. 3-24	10:00 - 11:30 a.m.

Your Quitting Smoking Toolbox

Whether you're ready to quit smoking or just exploring your options, this judgment-free session offers resources, connects you to healthcare supports and provides practical tips for success.

 [Register here.](#)

DATES	TIME
Wednesday, May 13	10:00 - 11:30 a.m.
Thursday, July 16	Noon - 1:30 p.m.
Monday, Sept. 21	6:00 - 7:30 p.m.



Mental Wellness

Take care of your mind, not just your body.

Strong mental health supports better sleep, improved relationships and greater resilience to stress. These programs offer tools to help you manage emotions, reduce anxiety and support your overall wellbeing.

Discover Your Strengths

We all have the same 24 character strengths that we express in different ways. Together, we will discuss character strengths, how to recognize them in ourselves and others while learning the benefits of using them in life.

 [Register here.](#)

DATES	TIME
Tuesday, April 28	10:00 - 11:30 a.m.
Tuesday, August 11	2:00 - 3:30 p.m.



Exploring Emotions

In this single session, you will learn how improving our emotional awareness helps us increase our overall wellness. This program offers tools and information to explore our own emotional responses and how our thoughts, feelings and behaviours all work together. Build your confidence in understanding and managing your emotions.

✦ [Register here.](#)

DATES	TIME
Thursday, May 21	6:00 - 7:30 p.m.
Monday, August 31	Noon - 1:30 p.m.

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.

✦ [Register here.](#)

DATES	TIME
Tuesday, May 19	Noon - 1:00 p.m.
Tuesday, August 4	10:00 - 11:30 a.m.

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).

✦ [Register here.](#)

DATES	TIME
Thursday, April 9	6:00 - 7:30 p.m.
Wednesday, September 9	6:00 - 7:30 p.m.



Mental Wellness Foundations

Do you feel stuck or that you are not thriving mentally? This one-hour interactive workshop will teach you the basics of mental wellness and how to flourish in your everyday life. You'll learn what mental wellness is, how it affects your health, and leave with a tool to promote your own mental wellness.

➤ [Register here.](#)

DATES	TIME
Thursday, May 7	2:00 - 3:00 p.m.
Wednesday, July 15	Noon - 1:30 p.m.

Self-Compassion

Interested in self-compassion but not ready for a series? In this single session, you will practice ways to promote self-compassion when we experience difficulties in our everyday lives.

➤ [Register here.](#)

DATES	TIME
Thursday, May 12	2:00 - 3:00 p.m.
Monday, June 22	6:00 - 7:30 p.m.
Thursday, August 6	10:00 - 11:30 a.m.

Self-Compassion (3-week series)

Being self-compassionate can help provide us comfort, improved health and increase our sense of satisfaction in our roles. Join us to dive deeper and practice ways to promote self-compassion when we experience difficulties in our everyday lives.

➤ [Register here.](#)

DATES	TIME
Thursdays, June 11 - June 25	6:00 - 7:30 p.m.
Thursdays, September 10 - 24	10:00 - 11:30 p.m.



Take Charge of Your Stress

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

✦ [Register here.](#)

DATES	TIME
Tuesday, July 14	10:00 - 11:30 a.m.
Wednesday, September 9	2:00 - 3:30 p.m.

Take Charge of Your Stress (4-week series)

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

✦ [Register here.](#)

DATES	TIME
Mondays, April 10 - May 1	Noon - 1:30 p.m.
Mondays, June 1 - 22	2:00 - 3:30 p.m.

NEW

Understanding Grief (2-week series)

Grief can affect us all differently, and many people wonder what is 'normal'. In two sessions, you will learn there is no correct grief response, clear up common myths, and explore the many ways loss can show up in the mind and body. You will leave with practical tools for caring for yourself and supporting others. Please note: This is an educational workshop, not a support group, and may feel tender for those with a recent loss.

✦ [Register here.](#)

DATES	TIME
Tuesday, May 12	Noon - 1:30 p.m.
Monday, August 10	10:00 - 11:30 a.m.



Healthy Eating

Discover simple ways to nourish your body and feel your best.

Eating well is linked to lower risk of heart disease, diabetes and other chronic illnesses. Our programs focus on realistic, balanced eating that supports your energy, mood and long-term health.

Be Good to Your Gut (3-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.

 [Register here.](#)

DATES	TIME
Thursdays, April 30 to May 14	6:00 - 7:30 p.m.
Wednesdays, Aug. 12 to 26	2:00 - 3:30 p.m.

Beginner's Guide to Plant-Based Eating

This program is for anyone interested in eating more plant-based foods but is unsure where to start. Learn how to get the benefits of plant-based eating in a simple and cost-effective way without eliminating other foods you enjoy.

 [Register here.](#)

DATES	TIME
Friday, May 1	10:00 - 11:30 a.m.
Thursday, July 9	10:00 - 11:30 a.m.
Tuesday, Sept. 22	6:00 - 7:30 p.m.





Beyond Weight (11-week series)

This program supports you to shift focus away from weight as a measure of your health. In this interactive virtual group 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.

➡ [Register here.](#)

DATES

Thursdays, April 2 to Jun 11

TIME

Noon - 1:00 p.m.

NEW

Des Conseils pour Optimiser Votre Budget Alimentaire

Apprenez à tirer le meilleur parti de votre budget alimentaire en termes de valeur monétaire et nutritionnelle. Vous recevrez des recettes et des ressources qui vous aideront à organiser, planifier et préparer chez vous des plats sains et peu coûteux.

➡ [Inscrivez-vous ici.](#)

LA DATE

Mercredi 12 août

TEMPS

12h00 - 13h30

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. Come learn about key nutrients, foods and habits to help you eat well as you age.

➡ [Register here.](#)

DATES

Monday, May 4

Thursday, July 23

TIME

6:00 - 7:30 p.m.

2:00 - 3:30 p.m.



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!

 [Register here.](#)

DATES	TIME
Fridays, June 5 and 12	10:00 - 11:30 a.m.
Tuesdays, Sept. 1 and 8	Noon - 1:00 p.m.

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.

 [Register here.](#)

DATES	TIME
Friday, May 8	10:00 - 11:30 a.m.
Thursday, July 30	Noon - 1:30 p.m.

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.

 [Register here.](#)

DATES	TIME
Wednesday, May 20	6:00 - 7:30 p.m.
Wednesday, July 22	10:00 - 11:30 a.m.



Making Peace with Food (2-week series)

Are you tired of rigid and restrictive weight-loss diets? What if there was another way to approach healthy eating by focusing on gradual changes and flexibility over time? Join us to gain a deeper awareness of how thoughts and emotions influence our eating patterns. We will also explore how to notice hunger and fullness cues and practice mindful eating. Learn how being kinder to ourselves can help us work towards our health goals.

 [Register here.](#)

DATES	TIME
Tuesdays, April 7 and 14	2:00 - 3:30 p.m.
Mondays, Sept. 14 and 21	2:00 - 3:30 p.m.

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.

 [Register here.](#)

DATES	TIME
Tuesday, June 23	6:00 - 7:30 p.m.
Tuesday, August 11	10:00 - 11:30 a.m.

NEW

Meal Planning Workshop

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.

 [Register here.](#)

DATES	TIME
Monday, May 25	6:00 - 7:30 p.m.
Tuesday, June 16	2:00 - 3:30 p.m.
Wednesday, Aug. 19	Noon - 1:30 p.m.



Mediterranean Inspired Eating (2-week series)

Why is everyone talking about the Mediterranean way of eating? Discover how simple, everyday habits inspired by the Mediterranean style of eating can support your health and wellbeing. This program focuses on easy, enjoyable changes you can make to your meals.

➤ [Register here.](#)

DATES	TIME
Thursdays, April 9 and 16	6:00 - 7:30 p.m.
Mondays, July 13 and 20	Noon - 1:30 p.m.
Thursdays, Sept. 10 and 17	6:00 - 7:30 p.m.

Une alimentation d'inspiration méditerranéenne (programme de 2 semaines)

Pourquoi tout le monde parle-t-il de l'alimentation méditerranéenne? Découvrez comment de simples habitudes quotidiennes inspirées du style méditerranéen d'alimentation peuvent favoriser votre santé et votre bien-être. Ce programme met l'accent sur des changements faciles et agréables que vous pouvez apporter à vos repas.

➤ [Inscrivez-vous ici.](#)

LA DATE	TEMPS
Mercredi, Mai 20 et 27	Midi - 13h30

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 choice.

➤ [Register here.](#)

DATES	TIME
Monday, June 1	6:00 - 7:30 p.m.
Wednesday, Sept. 23	Noon - 1:30 p.m.



Physical Activity

Move your body in ways that work for you.

Just 150 minutes of activity per week can lower your risk of many chronic conditions and improve your mental health. These sessions help you understand how to build strength, boost energy and stay active. Please note you will **not** be exercising in these programs.

Beginner's Guide to Strengthening

Do you want to improve your strength but are 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 with these exercises on your own. You will NOT be exercising in this session.

 [Register here.](#)

DATES

Wednesday, July 15

TIME

10:00 - 11:30 a.m.



Beginner's Guide to Strengthening (2-week lunchtime series)

Do you want to improve your strength but are 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 with these exercises on your own. You will NOT be exercising in this session.

 [Register here.](#)

DATES	TIME
Tuesdays, April 7 - 14	Noon - 1:00 p.m.

Intro 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.

 [Register here.](#)

DATES	TIME
Wednesday, May 6	10:00 - 11:30 a.m.
Wednesday, Aug. 5	Noon - 1:30 p.m.

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.

 [Register here.](#)

DATES	TIME
Wednesday, July 8	Noon - 1:30 p.m.



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, neighborhoods and communities.

 [Register here.](#)

DATES

Monday, April 27

Wednesday, July 29

TIME

6:00 - 7:30 p.m.

10:00 - 11:30 a.m.

Looking for more one-on-one support?



Physical Activity Counselling

Discover how physical activity can improve your health and manage chronic conditions! Physical activity counselling empowers you to make long-lasting improvements to your physical activity levels. Meet one-on-one virtually with a physical activity counsellor and together you will create a personalized plan that helps meet your goals.

 [Register here.](#)



Parenting

Build skills for a healthier family life.

These sessions help parents and caregivers strengthen relationships, support their children’s growth and improve family wellbeing. Many are offered in partnership with IWK Health.

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.

 [Register here.](#)

DATES	TIME
Wednesdays, April 8 - 29	Noon - 1:30 p.m.
Fridays, May 8 - 29	10:00 - 11:30 a.m.
Mondays, June 1 - 22	6:00 - 7:30 p.m.
Fridays, September 4 - 25	Noon - 1:30 p.m.



Incredible Years: Preschool

(14-week series)

This program focuses on improving your child's social and emotional skills and reducing behaviour problems. For parents of children who are 3-6 years old.

 [Register here.](#)

DATES	TIME
Thursdays, April 30 - July 30	10:00 a.m. - Noon





Incredible Years: School Age (12-week series)

This program focuses on improving your child's social and emotional skills and reducing behaviour problems. For parents of children who are 6-12 years old.

 [Register here.](#)

DATES	TIME
Tuesdays, April 28 - July 14	6:00 - 8:00 p.m.



My Child is Anxious. Should I Worry? (2-week series)

In this program, you'll learn how to spot early signs of anxiety in your child and gain skills to help them manage everyday worries. For parents and caregivers of children up to 12 years.

 [Register here.](#)

DATES	TIME
Wednesdays, September 9 - 16	Noon - 2:00 p.m.



Parenting Your Teen

This session will help you better understand your teen and how their brain works. You'll learn simple strategies to improve communication and help your family life feel more calm and connected.

 [Register here.](#)

DATES	TIME
Monday, August 10	6:00 - 8:00 p.m.



Screen Time and Your Family

We live in a world where screens are everywhere. Learn about the risks and benefits of screen time and ways to help your family. For parents of children 0-12 years old.

 [Register here.](#)

DATES

Wednesday, September 23

TIME

6:00 - 7:30 p.m.

Parenting Your Teen: Walking the Middle Path (6 week series)

This program is for parents and their teen (12 plus). Learn strategies to find a balance between differing perspectives. Topics include validation, problem solving, acceptance and change.

 [Register here.](#)

DATES

Wednesdays, April 8 – May 13

TIME

6:00 – 7:30 p.m.



Self-Compassion for Parents

Parenting is a difficult job. Being kind to yourself can bring comfort, support your health, and help you feel more confident and satisfied in your role as a parent. In this session, you'll practice simple ways to build self-compassion during everyday challenges.

 [Register here.](#)

DATES

Wednesday, July 8

TIME

6:00 - 7:30 p.m.



NEW



Substance Use and Your Teen

Learn about the current landscape of substance use and your teens. In this session, you will learn strategies to have conversations about substance use that promote honesty and build trust.

 [Register here.](#)

DATES

TIME

Wednesday, May 27

6:00 – 7:30 p.m.

Thursday, Aug. 20

12:30 – 2:00 p.m.

NEW



Supporting Youth on Their Gender, Sexuality and Identity Journey

Come out and learn about best practices to support your loved ones who are expressing their gender, sexuality, or identity. Developed with support from the Youth Project.

 [Register here.](#)

DATES

TIME

Wednesday, July 22

6:00 – 7:30 p.m.



Diabetes support at your own pace.

DiabetesNS.ca offers information and resources to help Nova Scotians live well with diabetes. The recorded sessions below are available anytime.

Coping Well with Diabetes

Learn about emotional reactions to diabetes, including stress and diabetes distress. Strategies to manage stress and to achieve new healthy habits are also reviewed.

[Watch here.](#)

Diabetes Essentials

Learn what diabetes is, ways to manage it, and targets to strive for. Feelings related to diabetes are also explored, along with tips for setting realistic goals.

[Watch here.](#)

Eating Well with Diabetes

Learn how food affects blood sugar, the importance of meal spacing and balance, and practical tips to cut back on sugar. The glycemic index is also reviewed, along with tips for setting realistic goals. [Watch here.](#)

Moving Well with Diabetes

Learn how food affects blood sugar, the importance of meal spacing and balance, and practical tips to cut back on sugar. The glycemic index is also reviewed, along with tips for setting realistic goals. [Watch here.](#)

Staying Well with Diabetes

Learn about the “A, B, C’s” of diabetes management, how to care for your feet, and tips for setting realistic goals. [Watch here.](#)





Lung Health

Learn on your own time.

These on-demand modules provide information and strategies to help you understand and manage conditions such as COPD and asthma.

COPD Basics: Definitions & Diagnosis

This module provides basic information about how COPD affects your lungs and reviews the test required for confirmation of diagnosis. [Watch here.](#)

COPD Basics: Managing Symptoms

This module offers basic strategies for managing symptoms and staying healthy with COPD. [Watch here.](#)

COPD Basics: Reducing and Quitting Your Nicotine Use

This quick presentation provides education and tips on making changes to your nicotine use and smoking. This presentation is intended primarily for individuals with a diagnosis of COPD. [Watch here.](#)

COPD Basics: Personal Health Directives

This module provides an introductory to Personal Directives and to know how having one applies to COPD. [Watch here.](#)

Asthma and You

This module reviews the basics of living with asthma including how to manage symptoms, recognize possible triggers, and when to seek help. [Watch here.](#)



Let's Chat!

Get in touch with us



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