



a HealthyNS Program

FREE Online Class 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.



SCAN HERE
to register

Sign up today:

Visit: www.healthyNS.ca
[or Click Here](#)

