



a HealthyNS Program

FREE Online Zoom Class Incredible Years: Preschool (14 week series)



SCAN HERE
to register

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

Sign up today:

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





a **HealthyNS Program**

FREE Online Zoom Class

First Bites: Raising a Happy Eater (4 week series)



SCAN HERE
to register

This workshop focuses on providing guidance to parents on how to introduce solids to their infants using a baby led feeding approach.

Sign up today:

Visit: www.healthyNS.ca

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FREE Online Zoom Class

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



SCAN HERE
to register

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. This program is facilitated by IWK Health.

Sign up today:

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a HealthyNS Program

FREE Online Zoom Class Incredible Years: School Age (12 week series)



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

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a HealthyNS Program

FREE Online Zoom Class My Child is Anxious. Should I Worry? (2 week series)

Learn how to identify early signs of anxious feelings in your children and skills to help them manage everyday anxiety. For parents and caregivers of children up to 12 years old.



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a HealthyNS Program

FREE Online Zoom Class Parenting Your Teen



This single 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.

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a HealthyNS Program

FREE Online Zoom Class Parenting Your Teen: Walking the middle path (6 week series)



SCAN HERE
to register

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.

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Visit: www.healthyNS.ca
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a **HealthyNS Program**

FREE Online Zoom Class Screen Time and Your Family



We live in a world where screens are everywhere. In this session, you'll learn about the risks and benefits of screen time and explore simple ways to support healthy screen habits at home. For parents of children aged 0 to 12.

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a HealthyNS Program

FREE Online Zoom Class Self Compassion for Parents



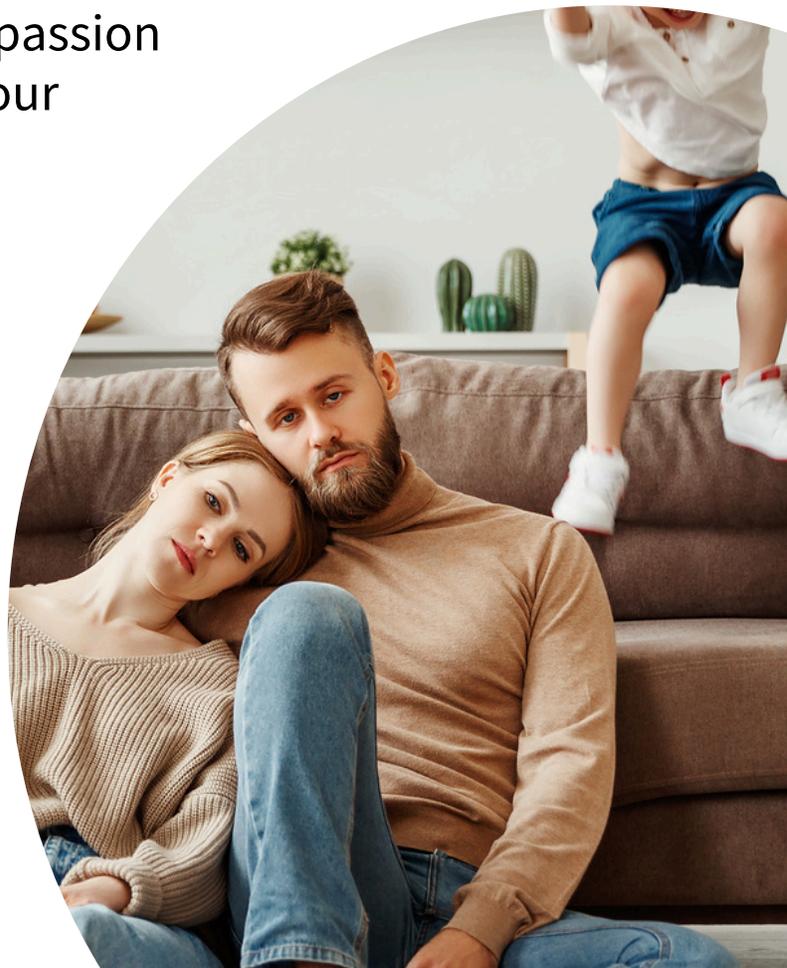
Parenting is a difficult job. Being self-compassionate can help provide us comfort, improve health and increase our sense of satisfaction in our roles as parents. Join us to practice ways to promote self-compassion when we experience difficulties in our everyday lives.

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a **HealthyNS Program**

FREE Online Zoom Class 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.

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a HealthyNS Program

FREE Online Zoom Class Supporting youth on their Gender, Sexuality and Identity Journey



SCAN HERE
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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.

Sign up today:

Visit: www.healthyNS.ca

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FREE Online Zoom Class You're in Charge: For Youth With a Chronic Health Condition (2 week series)



SCAN HERE
to register

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. This program is facilitated by IWK Health.

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a HealthyNS Program

FREE Online Zoom Class 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.



Sign up today:

Visit: www.healthyNS.ca

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a HealthyNS Program

FREE Online Zoom Class 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.

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a HealthyNS Program

FREE Online Zoom Class Advance Care Planning



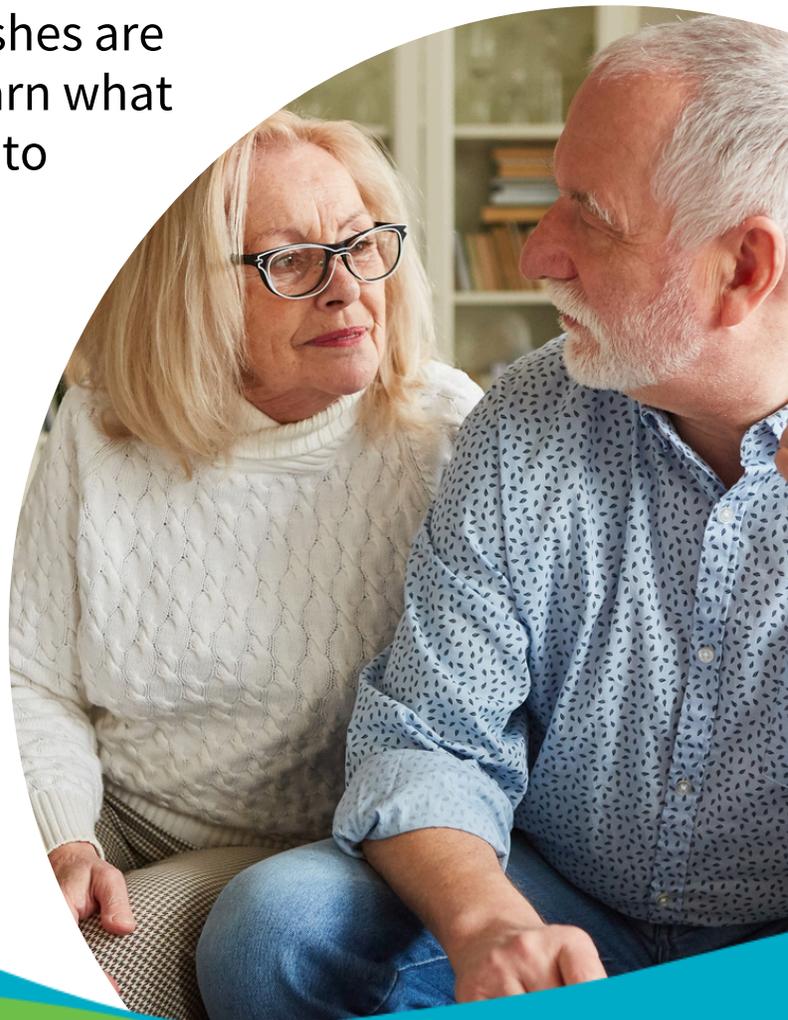
Are you prepared for the future? Life insurance, a will and power of attorney are important—but there's another kind of planning that costs nothing and ensures your medical and personal care wishes are respected. In this session, you'll learn what advance care planning is and what to include in a personal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

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a HealthyNS Program

FREE Online Zoom Class 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.

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a HealthyNS Program

FREE Online Zoom Class 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.

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a HealthyNS Program

FREE Online Zoom Class 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.

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a HealthyNS Program

FREE Online Zoom Class 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.

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a HealthyNS Program

FREE Online Zoom Class Beginner's Guide to Strengthening (2 week lunchtime series)



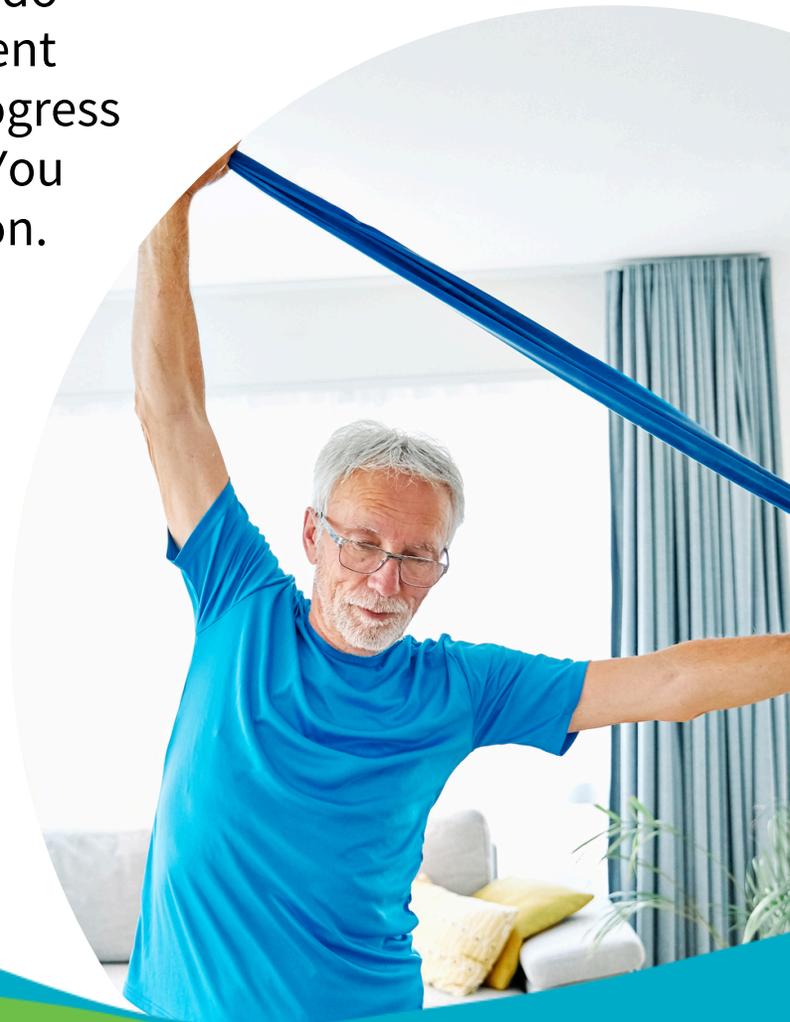
SCAN HERE
to register

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.

Sign up today:

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a HealthyNS Program

FREE Online Zoom Class Beyond Weight



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.

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a HealthyNS Program

FREE Online Zoom Class 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.

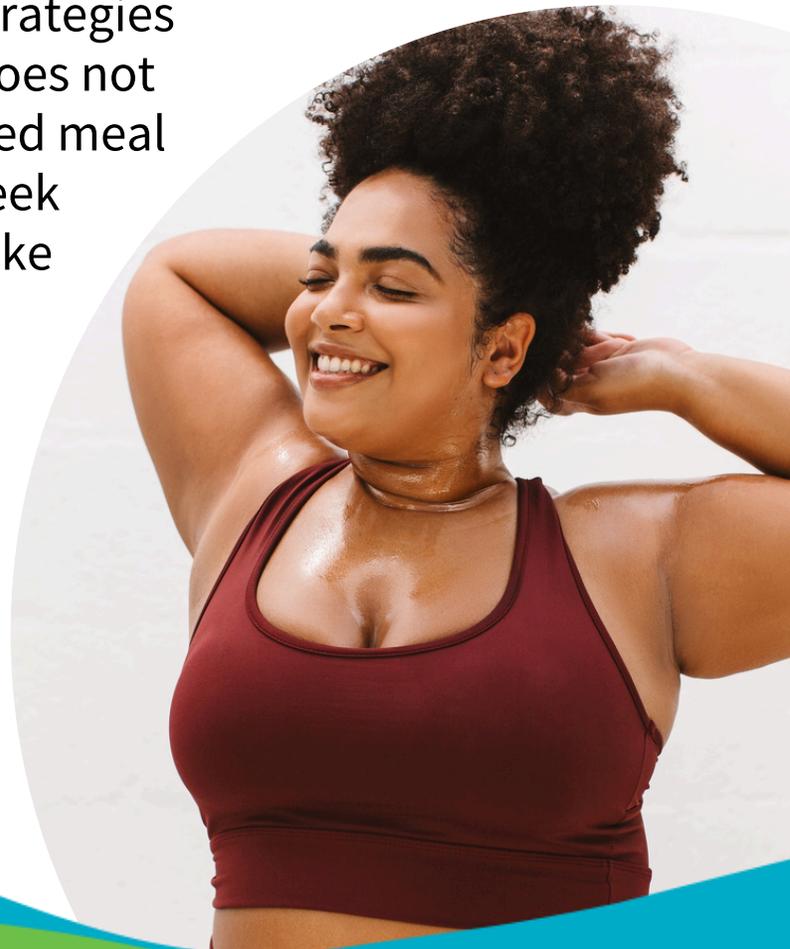
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to register





a HealthyNS Program

FREE Online Zoom Class 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.

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a HealthyNS Program

FREE Online Zoom Class 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.



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a HealthyNS Program

FREE Online Zoom Class 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.

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a HealthyNS Program

FREE Online Zoom Class 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.

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a HealthyNS Program

FREE Online Zoom Class

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.

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a HealthyNS Program

FREE Online Zoom Class

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.

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a HealthyNS Program

FREE Online Zoom Class

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.

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a HealthyNS Program

FREE Online Zoom Class

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.



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a HealthyNS Program

FREE Online Zoom Class

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.



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a HealthyNS Program

FREE Online Zoom Class

Exploring Emotions



In this single session you will learn how improving our emotional awareness helps us increase our overall wellness.

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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.

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a HealthyNS Program

FREE Online Zoom Class

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.

Sign up today:

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a HealthyNS Program

FREE Online Zoom Class

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!

Sign up today:

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a HealthyNS Program

FREE Online Zoom Class

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.



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a HealthyNS Program

FREE Online Zoom Class

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.

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a HealthyNS Program

FREE Online Zoom Class

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.



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a HealthyNS Program

FREE Online Zoom Class

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).

Sign up today:

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a HealthyNS Program

FREE Online Zoom Class

Ideas Into Action: Small Steps, Big Success



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to register

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.

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a HealthyNS Program

FREE Online Zoom Class

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.



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a HealthyNS Program

FREE Online Zoom Class

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.



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a HealthyNS Program

FREE Online Zoom Class 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.

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a HealthyNS Program

FREE Online Zoom Class

Making the Most of Your Daily Energy



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Many Nova Scotians experience fatigue as a result of a health condition or other factors.

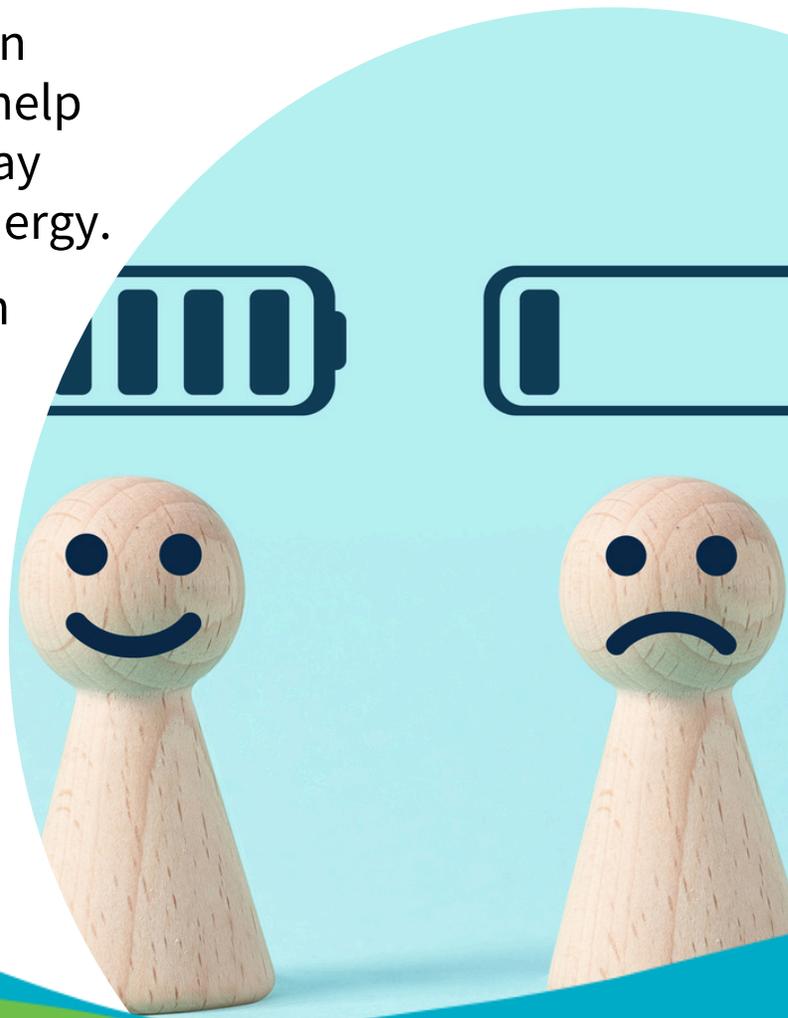
This program will provide education and strategies that can be used to help you manage your fatigue in everyday life and maximize your available energy.

Practicing energy management can help individuals improve their immediate and long-term health.

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a HealthyNS Program

FREE Online Zoom Class

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.

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a HealthyNS Program

FREE Online Zoom Class

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.

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a HealthyNS Program

FREE Online Zoom Class

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



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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.

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a HealthyNS Program

FREE Online Zoom Class 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.

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a HealthyNS Program

FREE Online Zoom Class Menopause Explained: From Symptoms to Strategies (2 week series)



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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.

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a HealthyNS Program

FREE Online Zoom Class 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.

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a HealthyNS Program

FREE Online Zoom Class Mindful Movement



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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.

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a HealthyNS Program

FREE Online Zoom Class 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.

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a HealthyNS Program

FREE Online Zoom Class 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.

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a HealthyNS Program

FREE Online Zoom Class Rethinking Weight: Why Simple Advice Misses the Bigger Picture



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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.

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a HealthyNS Program

FREE Online Zoom Class 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.

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a HealthyNS Program

FREE Online Zoom Class 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.

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a HealthyNS Program

FREE Online Zoom Class 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.

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a HealthyNS Program

FREE Online Zoom Class 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.

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a HealthyNS Program

FREE Online Zoom Class 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.

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a HealthyNS Program

FREE Online Zoom Class 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.

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a HealthyNS Program

FREE Online Zoom Class 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.

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a HealthyNS Program

FREE Online Zoom Class 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.

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a HealthyNS Program

FREE Online Zoom Class 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.

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a HealthyNS Program

FREE Online Zoom Class Une alimentation d'inspiration méditerranéenne (Programme de 2 semaines)



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to register

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. La participation à la première semaine de la série est obligatoire.

Sign up today:

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a HealthyNS Program

FREE Online Zoom Class Where to Go for Care: Primary Health Care Options in Nova Scotia



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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.

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a HealthyNS Program

FREE Online Zoom Class 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.

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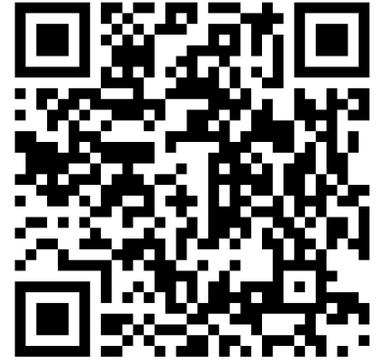
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a HealthyNS Program

FREE Online Zoom Class 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.

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FREE Online Zoom Class 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.



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