

Hants Health and Wellness Team



FREE Health and Wellness Programs October 2026-March 2027

 www.HealthAndWellnessTeam.ca  902-792-2052

 West Hants Wellness and Access Centre, 80 Water Street, Windsor



About Hants Health and Wellness Team



The Hants Health and Wellness Team (HHWT) is a free service of Nova Scotia Health.

Our team supports adults in West Hants to build the knowledge, skills and confidence to take charge of their health. We promote mental wellness, physical wellness and managing long-term conditions. Our team includes dietitians, a nurse, a social worker and physiotherapists. We offer caring, practical support through one-on-one appointments and group programs to help you live well.

Any adult within West Hants can self-refer with a valid Nova Scotia health card.

How to Register

To register for individual services found on page 3, please call us at **902-792-2052**.

To register for group health and wellness programs, visit www.HealthAndWellnessTeam.ca and use the **register now** button. Some physical activity programs require registration by phone. See page 9 for details. **Questions?** Call us at **902-792-2052**.

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Hants Health and Wellness Team Services



Nutrition Education: Learn how food can boost your health

Meet with a dietitian to get simple tips and one-on-one advice. If you're living with high cholesterol, high blood pressure or just want to eat better, we'll work with you on small changes that make a big difference.



Diabetes Management: Support for living with diabetes

Whether you're newly diagnosed or have managed diabetes for years, we can give you tools and support to take charge of your health. Together, we'll build a plan that works for you.



Wellness Navigation: Finding the right resources

Finding the right community resources can be tough. Our wellness navigation service can connect you with local programs and services that match your needs. If you need help while waiting, call 211.



Social Work Support: Helping you manage life's challenges

Meet with our social worker for short-term, supportive counselling. Get help managing everyday stress and adjusting to life changes. We take a holistic, person-centred approach and can support you with mild anxiety, depression or grief. Psychotherapy and structured mental health treatments are not offered.



Physical Activity Counselling: Boost your movement

Being active looks different for everyone. Our team will work with you to build a plan that fits your goals, whether you want to move more, feel stronger, or have more energy in your day.



Health and Wellness Programming: Join our free sessions

Join our free group programs on healthy eating, physical activity, mental wellness and reducing health risks. Program descriptions and schedules are included in this program flyer. If you're not sure where to start, give us a call, we're happy to help.

Does your community group want us to discuss our services or offer a program? Please call or email us to learn more. Minimum of 5 participants is required. 902-792-2052 or HHWT@NSHealth.ca.

Understanding Pain (3-week series)

This program 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.

Dates	Time	Location	Register
Mondays, March 8- 22	1:30-3:30 p.m.	Hants Community Hospital, Room 1B	Click here

What to Eat When your Blood Pressure and Cholesterol are High (4-week series)

This interactive, four-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.

Dates	Time	Location	Register
Mondays, Nov. 2- 23	2:00-4:00 p.m.	HHWT Community Room	Click here

Diabetes Foot Care Education and Screening:

Learn how to care for your feet to prevent problems and get a free foot exam by our nurse to see if you have any problems. Learn how to manage minor foot issues at home and where to go to get foot care and treatment for more serious foot problems.

Please note: This does not include clinical foot care (nail trimming, filing of callus, etc.)

We will be providing contact information to local providers that do provide this service.

Please call 902-792-2052 to schedule an appointment. Limited availability.

Dates	Time	Location	Register
Tuesday, Nov. 17	By appointment	HHWT Community Room	Click here
Monday, March 22	By appointment	HHWT Community Room	Click here

Discovering Diabetes (5-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.

Dates	Time	Location	Register
Mondays, Jan. 11- Feb. 8	2:00-3:30 p.m.	HHWT Community Room	Click here

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.

Dates	Time	Location	Register
Mondays, Jan. 18- Feb. 8	1:30-2:30 p.m.	Family Resource Centre of West Hants	Click here

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. Learn about nutrients, foods and habits to help you eat well as you age.

Dates	Time	Location	Register
Thursday, Jan. 14	2:00-4:00 p.m.	Windsor Regional Library	Click here



Making Peace With Food (2-week series)

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.

Dates	Time	Location	Register
Thursdays, Jan. 21 & Jan. 28	1:30-3:30 p.m.	HHWT Community Room	Click here

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 choices.

Dates	Time	Location	Register
Tuesday, Oct. 27	10:00-11:30 a.m.	HHWT Community Room	Click here

Want to try a program but can't attend all the sessions? No problem, just let us know which ones you can attend.



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!

Dates	Time	Location	Register
Wednesdays, Nov. 18 & 25	1:30-3:00 p.m.	HHWT Community Room	Click here

Be Good to Your Gut (2-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.

Dates	Time	Location	Register
Wednesdays, Oct. 14 & 21	2:00-4:00 p.m.	Windsor Regional Library	Click here
Mondays, March 1 & 8	6:00-8:00 p.m.	Hants Community Hospital, Room 1A	Click here



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 well-being.

Dates	Time	Location	Register
Monday, Oct. 26	10:00-11:30 a.m.	Hants Community Hospital, Room 1A	Click here

Strong Through the Cold

Stay strong, active, and safe all winter long! Learn practical strategies to prevent winter injuries, including fall prevention, safe snow shoveling, and preventative exercises. Explore helpful equipment such as Nordic walking poles and crampons and discover ways to stay active and confident throughout the winter.

Dates	Time	Location	Register
Monday, Dec. 7	10:00 a.m.-Noon	Hants Community Hospital, Room 1A	Click here





**Safety screens are required when registering for the following programs.
Call 902-792-2052 to complete a screen and register.**

One Step at a Time Exercise Program- Chair (6-week series)

This six-session series is for people who have difficulty being physically active or exercising. Learn the basics of a physical activity program, exercise in a group setting and create your own plan. You will also learn about the 24-hour movement guidelines and community resources to help you reach your goals. **This program will focus on chair exercises.**

Call 902-792-2052 for registration and physical activity screen. A physiotherapist will review and confirm all registrations.

Dates	Time	Location	Register
Wednesdays, Nov. 4, 18, 25, Dec. 2, 9, 16 (No class Nov. 11)	1:30-3:30 p.m.	Hants Community Hospital, Room 1A	Click here





**Safety screens are required when registering for the following program.
Call 902-792-2052 to complete a screen and register.**

One Step at a Time Exercise Program (6-week series)

This six-session series is for people who have difficulty being physically active or exercising. Learn the basics of a physical activity program, exercise in a group setting and create your own plan. You will also learn about the 24-hour movement guidelines and community resources to help you reach your goals.

Call 902-792-2052 for registration and physical activity screen. A physiotherapist will review and confirm all registrations. Indoor shoes are required at this location.

Dates	Time	Location	Register
Wednesdays, March 3-April 7	6:00-8:00 p.m.	Wellwood Hall Gym, Hantsport Baptist Church	Click here

Balance Basics (2-week series)

Do you want to feel more steady and confident on your feet? Balance Basics is a two week program that will give people strategies to improve their balance and prevent falls. Each session will include exercise and group discussion. Participants will be shown strength and balance exercises that they can do at home.

Dates	Time	Location	Register
Mondays, Nov. 2 & 9	1:30-3:30 p.m.	Hants Community Hospital, Room 1A	Click here
Fridays, Jan. 8 & 15	9:30-11:30 a.m.	Hants Community Hospital, Room 1A	Click here

Looking for virtual program options?



The Hants Health and Wellness Team partners with **HealthyNS** to provide flexible program options. HealthyNS provides virtual health and wellness programs to all Nova Scotians.

To see all virtual programs visit
www.HealthyNS.ca or scan the QR code.



**Safety screens are required when registering for the following programs.
Call 902-792-2052 to complete a screen and register.**

Low Intensity 10-Week Exercise Program

Do you have a chronic health condition that limits your ability to walk or exercise for more than 15 minutes? You will participate in a group class that includes walking/chair cardio as well as exercises for strength, balance, and flexibility. You will also receive support through sharing of physical activity resources, education, and goal setting. Participants will exercise twice a week in a group setting with a physiotherapist. Indoor shoes are required at this location.

Registration for this program cannot be completed online. **Please register before March 9.** Call **902-792-2052** for registration and physical activity screen. An in-person intake session with our Wellness Facilitator (Physiotherapist) is required for enrollment.

Dates	Time	Location	Register
Tuesdays, March 30-June 1 AND Fridays, April 2-June 4	1:30-3:30 p.m. AND 9:30-11:30 a.m.	Three Mile Plains Community Hall	Click here

Building Better Balance (6-Week Program)

This program is for adults who have a concern of falling or decreased balance but have not experienced more than two falls in the past year. Participants must be able to stand on their own without holding on to anything and able to exercise for 30 minutes at a low to moderate intensity without rest. Participants will exercise twice a week in a group setting with a physiotherapist.

Call **902-792-2052** for registration and physical activity screen. **Please register before January 19.** An in-person intake session with our Wellness Facilitator (Physiotherapist) is required for enrollment. Indoor shoes are required at this location.

Dates	Time	Location	Register
Tuesdays, Feb. 9-March 16 AND Fridays, Feb. 12-March 19	1:30-3:30 p.m. AND 9:30-11:30 a.m.	Three Mile Plains Community Hall	Click here

Perimenopause and Beyond: Thriving Through the Transition (4-Week Series)

If you are feeling that perimenopause is impacting your life, you are not alone. Join us as we explore key areas of physical, emotional, and nutritional wellbeing and share practical and useful strategies to support you during this time. Learn about common symptoms, long-term health considerations, and evidenced based treatment options to help you navigate this transition with greater confidence and understanding.

Please note: The program covers general health information and is not a substitute for medical advice. Individual treatment recommendations will not be reviewed, and participants are encouraged to consult a healthcare provider for advice specific to their needs.

Dates	Time	Location	Register
Wednesdays, Jan. 20 - Feb. 10	6:00-8:00 p.m.	Hants Community Hospital, Room 1A	Click here



Hants Mindfulness Drop-in Sessions

Come and join us on the **first Tuesday of the month October to February** to explore the practice of mindfulness and learn its benefits to health and wellbeing. This drop-in session includes a guided practice and discussion. Pre-registration not required.

Please note: The drop-in will be cancelled if AVRCE schools are closed.

Dates	Time	Location
Oct 6, Nov. 3, Dec. 1, Jan. 5, Feb. 2	10:30-11:30 a.m.	HHWT Community Room

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.

Dates	Time	Location	Register
Friday, Jan. 22	10:00-11:30 a.m.	HHWT Community Room	Click here



Need general help or information? Call 211

211 connects you to community, government, and social services in Nova Scotia. — Free. Confidential. 24/7.

Where to Go for Care: Primary Health Care Options in West Hants

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

Please 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.

Dates	Time	Location	Register
Monday, March 1	10:00-11:00 a.m.	Hants Community Hospital, Room 1A	Click here

Health Goal Coaching - HealthyNS

Do you want to make positive changes to your health? Are you having trouble sticking to your goals or feeling unsure about where to begin? You're not alone. A Health Goal Coach can support you with your goals and staying on track.

To book an intake appointment book online at HealthyNS.ca or call 1-855-444-5557.

Looking for healthcare options?



SCAN ME

Visit www.nshealth.ca/WhereToGoForHealthcare or scan the QR code

Schedule at a Glance

Program Name	Date	Time	Page
Hants Mindfulness Drop-in Sessions	Tuesdays, Oct. 6, Nov. 3, Dec. 1, Jan. 5, Feb. 2	10:30-11:30 a.m.	<u>13</u>
Be Good to Your Gut (2-Week series)	Wednesdays, Oct. 14 & 21	2:00-4:00 p.m.	<u>7</u>
Mindful Movement	Monday, Oct. 26	10:00-11:30 a.m.	<u>8</u>
Understanding Food Labels	Tuesday, Oct. 27	10:00-11:30 a.m.	<u>6</u>
What to Eat When Your Blood Pressure and Cholesterol are High (4- Week Series)	Mondays, Nov. 2- 23	2:00-4:00 p.m.	<u>4</u>
Balance Basics (2-Week Series)	Mondays, Nov. 2 & 9	1:30-3:30 p.m.	<u>10</u>
One Step at a Time Exercise Program - Chair (6- Week Series)	Wednesdays, Nov. 4, 18, 25, Dec. 2, 9, 16 (No Nov 11th Class)	1:30-3:30 p.m.	<u>9</u>
Diabetes Foot Care Education and Screening	Tuesday, Nov. 17	By appointment only	<u>4</u>
Food and Mood (2-week series)	Wednesdays, Nov. 18 & 25	1:30-3:00 p.m.	<u>7</u>
Strong Through the Cold	Monday, Dec. 7	10:00 a.m. -Noon	<u>8</u>
Balance Basics (2-week series)	Fridays Jan. 8 & 15	9:30- 11:30 a.m.	<u>10</u>
Discovering Diabetes (5-week series)	Mondays, Jan. 11- Feb. 8	2:00-3:30 p.m.	<u>4</u>
Eat Well, Age Well	Thursday, Jan. 14	2:00-4:00 p.m.	<u>5</u>
First Bites: Raising a Happy Eater (4-week series)	Mondays, Jan. 18- Feb. 8	1:30-2:30 p.m.	<u>5</u>
Perimenopause and Beyond: Thriving Through the Transition (4-week series)	Wednesdays, Jan. 20- Feb. 10	6:00-8:00 p.m.	<u>12</u>
Making the Most of Your Daily Energy	Friday, Jan. 22	10:00-11:30 a.m.	<u>13</u>
Making Peace With Food (2-week series)	Thursdays, Jan. 21- Jan. 28	1:30- 3:30 p.m.	<u>6</u>
Building Better Balance (6-week series)	Tuesdays AND Fridays, Feb. 9- March 19	1:30-3:30 p.m. AND 9:30-11:30 a.m.	<u>11</u>
Where to Go for Care: Primary Health Care Options in West Hants	Monday, March 1	10:00-11:00 a.m.	<u>14</u>
Be Good to Your Gut (2-week series)	Mondays, March 1 & 8	6:00-8:00 p.m.	<u>7</u>
One Step at a Time Exercise Program (6-week series)	Wednesdays, March 3- April 7	6:00-8:00 p.m.	<u>10</u>
Understanding Pain (3-week series)	Mondays, March 8- 22	1:30-3:30 p.m.	<u>4</u>
Diabetes Foot Care Education and Screening	Monday, March 22	By appointment only	<u>4</u>
Low Intensity 10-Week Exercise Program	Tuesdays AND Fridays March 30- June 4	1:30-3:30 p.m. AND 9:30-11:30 a.m.	<u>11</u>

Program Locations

Location	Address
 HHWT Community Room	80 Water Street, Windsor
Windsor Regional Library	195 Albert Street, Windsor
Three Mile Plains Community Hall	4474 Highway 1, Windsor
Family Resource Centre of West Hants	61 Morison Drive, Windsor
Wellwood Hall, Hantsport Baptist Church	6 Willow Street, Hantsport
Wellwood Hall Gym, Hantsport Baptist Church.....	6 Willow Street, Hantsport
Hants Community Hospital.....	89 Payzant Drive, Windsor

Connect With Us

The Hants Health and Wellness Team is a healthcare team that promotes mental and physical wellness and self-management of chronic conditions.

We help individuals gain knowledge, skills and confidence to take charge of their health.

Our clinical team includes:

- Dietitians
- Social Worker
- Registered Nurse
- Physiotherapists

You can register for our programs online, by phone or dropping in to see us in person. We are happy to talk about our programs and to help you sign up!



902-792-2052



www.HealthAndWellnessTeam.ca



HHWT@NSHealth.ca



West Hants Access and Wellness Centre, 80 Water Street, Windsor