

FALL 2021

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FREE HEALTH & WELLNESS PROGRAMS

www.communityhealthteams.ca

902-460-4560



WELLNESS
NAVIGATION



REDUCING
YOUR
HEALTH RISKS



FOOD,
NUTRITION
& WEIGHT
MANAGEMENT



PHYSICAL
ACTIVITY



MENTAL
WELLNESS



PARENTING

Community Health Teams



in PARTNERSHIP with



PROGRAM & REGISTRATION INFORMATION

Program & Registration Information

The Community Health Teams are a program of Nova Scotia Health where healthcare providers offer health and wellness programming. You will be required to provide your health card/number to register and registration is required for all programs.

Most of the programs listed in this flyer are offered online through Zoom for Healthcare. A small selection of programs are being offered in person. The location of the program (Online Zoom Program or In Person) will be indicated next to the program dates.

For some of the In Person programs, the number of weeks or the time frame may be different from the Online Zoom Program version. **Please check dates and times carefully.**

For In Person programs, participants will follow all public health guidelines that apply at that time (masks, social distancing).

If a program needs to be cancelled, registered participants will be notified.

It is easy to register online!

Go to www.communityhealthteams.ca and follow the directions to open an electronic version of this flyer. Simply click on “CLICK HERE” in the program description in the flyer and you will be taken directly to the registration page for that program.

Find a Program:



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Parenting
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Wellness Navigation

Do you **live** in the greater Halifax area?

Are you feeling **stressed**?

Are you **struggling** with your health, money, housing, or mental health?

Do you need **help** finding resources?

Do you have **concerns** about your child's mood or behaviour?

Do you want to join a group or **feel more connected** to your community?

Wellness navigators can connect you with services that will best help **YOU**.

What is a Navigator?

Navigators are health professionals who know health care, the greater Halifax community, and government systems. We can find the right resource for you. Navigators work with adults, children, youth, and families. Appointments can be by phone, Zoom for Healthcare, or in person (pending current public health recommendations).

Call 902-460-4560 to make an appointment with a navigator.





REDUCING YOUR HEALTH RISKS

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 well-being. Join us for a discussion about why we sleep, what impacts our sleep, and other great tips. [To register online, CLICK HERE.](#)

Tuesday – December 7	10:00 - 11:00 am	Online Zoom Program
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Prediabetes

Prediabetes (when blood sugars are above the normal range) offers a warning that you are at risk of developing diabetes. Learn how lifestyle choices can give you a chance to change your future.

- The Online Zoom Program is a 3-week series. Attendance the first week of the series is required. To register for the [Online Zoom Program, CLICK HERE.](#)
- The In Person Prediabetes Program is a single session. To register for the [In Person program, CLICK HERE.](#)

Tuesday – September 21	1:00 - 3:30 pm	In Person – Woodlawn Public Library
Thursdays – Sept 16, 23 & 30	6:30 - 7:45 pm	Online Zoom Program
Mondays – Nov 1, 8 & 15	10:00 - 11:15 am	Online Zoom Program

Understand Pain – 3 Week Program

This 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 it. Attendance the first week of the series is required. [To register online, CLICK HERE.](#)

Wednesdays – Oct 6, 13 & 20	2:00 - 3:00 pm	Online Zoom Program
Mondays – Nov 22, 29 & Dec 6	6:30 - 7:30 pm	Online Zoom Program

Ideas Into Action. Small Steps. Big Success!

Having difficulty reaching your health goals? Join us to learn the process of creating realistic and achievable goals to live your healthiest life. [To register online, CLICK HERE.](#)

Thursday – October 7	2:00 - 3:15 pm	Online Zoom Program
Wednesday – November 3	10:00 - 11:15 am	Online Zoom Program
Wednesday – December 1	6:45 - 8:00 pm	Online Zoom Program





Introduction to Beyond Weight — 2 Week Program

Have you ever been told what your weight should be? The truth is, your weight is a lot more complex than a number on a scale. In this series we will explore the many factors that influence weight, expectations for weight loss, and strategies to support your health and wellness through the pandemic and beyond. Attendance the first week of the series is required.

- To register for the [Online Zoom Program, CLICK HERE.](#)
- To register for the [In Person program, CLICK HERE.](#)

Fridays – September 17 & 24	1:30 - 3:00 pm	In Person – Sackville Public Library
Thursdays – November 18 & 25	10:00 - 11:15 am	Online Zoom Program

Beyond Weight. Shifting Focus to Health — 10 Week Program

Consider, how would you know you were on track with your health and wellness goals if there was no such thing as a scale? What does it mean to find a healthier you?

If you are interested in shifting your focus away from weight and towards improvements to your health and quality of life, join us in this 10-week series. Under the guidance of health care professionals, you will take part in group-based learnings that aim to help you make sustainable lifestyle changes. We will discuss nutrition, physical activity, emotions, genetics, our environments and the many factors that influence health and weight. [Call 1-844-460-4555 for more information and to complete a screen](#) to see if this program is right for you.

[Please call at least 10 business days before the start date of the program.](#)

Tuesdays – Sept 28 to Nov 30	10:00 - 11:30 am	Online Zoom Program
Wednesdays – Sept 29 to Dec 1	6:30 - 8:00 pm	Online Zoom Program

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. [To register online, CLICK HERE.](#)

Monday – November 22	1:30 - 2:45 pm	Online Zoom Program
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Food and Mood — 2 Week Program

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! Join us to learn more. [To register online, CLICK HERE.](#)

Thursdays – October 7 & 14	12:00 - 1:00 pm	Online Zoom Program
Fridays – November 19 & 26	10:00 - 11:00 am	Online Zoom Program



FOOD, NUTRITION & WEIGHT MANAGEMENT

NEW Beginners Guide to Plant Based Eating

Are you interested in making plant-based meals but you're unsure where to start? In this session we define plant-based eating as a pattern that emphasizes mostly plant foods: vegetables, fruits, whole grains, legumes, nuts, and seeds. In this session, we will explore the benefits of plant-based eating and how to incorporate plant foods in a simple and cost-effective way. [To register online, CLICK HERE.](#)

Tuesday – September 14	10:00 - 11:15 am	Online Zoom Program
Thursday – October 21	12:00 - 1:15 pm	Online Zoom Program
Monday – November 15	6:30 - 7:45 pm	Online Zoom Program

NEW Meal Planning and Recipe Inspiration

Meal planning can seem intimidating, and it can be hard to know where to start. Learn about the foundations for successful meal planning and participate with us in this interactive session. The goal of this program is to 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. [To register online, CLICK HERE.](#)

Friday – October 1	12:00 - 1:15 pm	Online Zoom Program
Thursday – November 4	10:00 - 11:15 am	Online Zoom Program
Tuesday – November 30	6:30 - 7:45 pm	Online Zoom Program

Why am I Still Hungry?

Are you snacking a lot throughout the day? Feeling hungry even after you just ate a meal? Join us to explore strategies to help feel full and satisfied after eating. Topics covered include satiety, fiber, protein and meal timing. [To register online, CLICK HERE.](#)

Friday – October 8	12:00 - 1:15 pm	Online Zoom Program
Monday – December 6	1:30 - 2:45 pm	Online Zoom Program

Explore the Mediterranean Diet

Interested in lowering your risk of heart disease, Alzheimer's and diabetes? Learn how you can improve your health by following the Mediterranean way of eating.

- The Online Zoom Program is a 2-week series. Attendance the first week of the series is required. To register for the [Online Zoom Program, CLICK HERE.](#)
- The In Person program is a single session. To register for the [In Person program, CLICK HERE.](#)

Monday – September 13	9:30 - 11:30 am	In Person – Halifax Convention Centre (Grafton Street Entrance)
Mondays – October 18 & 25	1:30 - 2:45 pm	Online Zoom Program
Thursdays – December 2 & 9	1:30 - 2:45 pm	Online Zoom Program



Low Intensity 10-Week Exercise Program

Do you live in the greater Halifax area and have a chronic health condition that limits your ability to exercise? Are you unable to walk or exercise more than 15 minutes without a break? If so, this program may be for you.

Two physiotherapists will help you develop the skills, motivation and confidence to safely exercise on your own. 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.

[Call 902-460-4560 for more information.](tel:902-460-4560)

Mondays and Wednesdays	Afternoon	Lower Sackville – Acadia Hall
Tuesdays and Thursdays	Morning	Clayton Park – Canada Games Centre
Tuesdays and Thursdays	Afternoon	East Dartmouth Community Centre
Tuesdays and Thursdays	Afternoon	Halifax – Good Shepherd Parish - St. Agnes Site

If there is enough interest, a virtual option may be available for those in the greater Halifax area who cannot attend this program in person. This option includes weekly calls (by phone or Zoom for Healthcare), supports and resources. **Please note:** this virtual option is not an exercise class and you will be exercising on your own. [If you are interested in a virtual option for this program, please call 902-460-4560 for more information.](tel:902-460-4560)



PHYSICAL ACTIVITY

Ready, Set, Move Series

Are you interested in learning about all the different parts of an active lifestyle? This series includes all of our Ready, Set, Move topics (Sit Less Move More, Intro to Cardio, Strengthening, Stretching and Balance) and you will also learn about the new Canadian 24 Hour Movement Guidelines. We will help you explore creative ways to add more movement to your day, develop an action plan, stay motivated and keep the change going for long term success.

- For the Online Zoom series, you will NOT be exercising and a physical activity screen is NOT required. To register for the [Online Zoom Program](#), [CLICK HERE](#).
- For the In Person series you WILL be exercising during part of this program. A participant physical activity screen IS required. [To register for the In Person series, please call 902-460-4560 no later than 5 business days before the program start date to register and complete the screen.](#)

Mondays & Wednesdays September 13, 15, 20, 22, 27 & 29	2:00 - 4:00 pm	In Person — Lower Sackville – Acadia Hall
Fridays Oct 1, 8, 15, 22, 29 & Nov 5	9:30 - 10:45 am	Online Zoom Program
Tuesdays Oct 19, 26, Nov 2, 9, 16 & 23	6:30 - 7:45 pm	Online Zoom Program

Ready, Set, Move — Introduction 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. [To register online, CLICK HERE](#).

Tuesday – October 12	6:30 - 7:45 pm	Online Zoom Program
Friday – November 26	1:30 - 2:45 pm	Online Zoom Program

Ready, Set, Move — Strengthening

Do you want to improve your strength but 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 these exercises on your own. [To register online, CLICK HERE](#).

Monday – October 4	6:30 - 7:45 pm	Online Zoom Program
Wednesday – November 17	12:00 - 1:15 pm	Online Zoom Program

Ready, Set, Move — Stretching and Balance

Learn the basic techniques of stretching and balance exercises so you can do these at home. [To register online, CLICK HERE](#).

Tuesday – September 28	9:30 - 10:45 am	Online Zoom Program
Friday – November 19	12:00 - 1:15 pm	Online Zoom Program



Ready, Set, Move — Sit Less, Move More

Is your “new normal” causing you to sit more? Our bodies were designed to move and that can be challenging at the best of times. Join us as we learn about the impact on our health with too much sitting and share ways to move more in our homes, neighbourhoods, and communities. [To register online, CLICK HERE.](#)

Monday – October 18	10:00 - 11:15 am	Online Zoom Program
Wednesday – December 1	1:30 - 2:45 pm	Online Zoom Program

Make Your Whole Day Matter

Ever wonder how much movement you should be getting in a day? Come find out how to make your whole day matter and learn the new Canadian 24 Hour Movement Guidelines. This session will discuss three parts of your day: physical activity, sitting time and sleep. [To register online, CLICK HERE.](#)

Thursday – October 28	9:30 - 10:45 am	Online Zoom Program
Wednesday – December 8	12:00 - 1:15 pm	Online Zoom Program

Mindful Movement

Do you tend to rush when you do things? Would you like to be more mindful when you move? In this session you will practice becoming more aware of your body and your surroundings when you are still and when you are moving.

- To register for the [Online Zoom Program, CLICK HERE.](#)
- To register for the [In Person program, CLICK HERE.](#)

Friday – September 24	12:00 - 1:15 pm	In Person – Halifax Convention Centre (Grafton Street Entrance)
Wednesday – October 27	10:00 - 11:15 am	Online Zoom Program
Tuesday – December 7	6:30 - 7:45 pm	Online Zoom Program





PHYSICAL ACTIVITY

The Truth About Weight and Exercise — 2 Week Program

In this two-part series you will learn the facts about weight loss and exercise. We will discuss different types of exercise and their role in your health, weight loss and maintenance and learn tips to be active at any size. You will NOT exercise in this program. Attendance the first week of the series is required. [To register online, CLICK HERE.](#)

Thursday – October 7 & 14 6:30 - 7:45 pm Online Zoom Program

Monday – November 8 & 15 12:00 - 1:15 pm Online Zoom Program

Finding an Online Exercise Program

Did you have an exercise routine outside the home and now need a new plan to stay active? Or are you new to exercise and need a place to start? Join us to explore some of the online exercise resources available to you. [To register online, CLICK HERE.](#)

Tuesday – September 21 10:00 - 11:00 am Online Zoom Program

Friday – December 3 12:00 - 1:00 pm Online Zoom Program



MENTAL WELLNESS

Optimal Aging — 4 Week Program

There are five key actions that can help us to live well as we age: staying socially and physically active, taking care of our mental health, learning new things, and changing how we think about aging. How long we live is not just in our genes! Join us to explore these key actions, reflect on where you are now, set goals, and strive for a healthier life. Attendance the first week of the series is required. [This program is only available to those living in the greater Halifax area. Call 902-460-4560 to register.](#)

Mondays 10:00 - 11:30 am Online Zoom Program

Nov 22, 29, Dec 6 & 13



Free Time and You

Join us for an hour of social connection and discuss ways to participate in recreation and leisure activities while at home. [To register online, CLICK HERE.](#)

Tuesday – September 14	2:00 - 3:30 pm	Online Zoom Program
Wednesday – December 8	6:00 - 7:30 pm	Online Zoom Program

Introduction to Self-Compassion

Being self-compassionate can help provide us comfort, improved health, and increase our sense of satisfaction in our roles. Join us to practice ways to promote self-compassion when we experience difficulties in our everyday lives. [To register online, CLICK HERE.](#)

Tuesday – September 28	9:00 - 10:00 am	Online Zoom Program
Thursday – November 4	6:00 - 7:00 pm	Online Zoom Program
Friday – December 3	11:00 am - 12:00 pm	Online Zoom Program

Self-Compassion – 4 Week Program

Being self-compassionate can help provide us comfort, improved health, and increase our sense of satisfaction in our roles. Join us to delve deeper and practice ways to promote self-compassion when we experience difficulties in our everyday lives. This program builds in concepts and practice over time. Attendance the first week of the series is required. [To register online, CLICK HERE.](#)

Tuesdays October 5, 12, 19 & 26	6:00 - 7:15 pm	Online Zoom Program
Wednesdays Nov 10, 17, 24 & Dec 1	10:00 - 11:15 am	Online Zoom Program

How to Speak Assertively – 4 Week Program

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). [To register online, CLICK HERE.](#)

Fridays – Oct 22, 29, Nov 5 & 12	10:30 am - 12:00 pm	Online Zoom Program
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Time Management and Wellbeing

Not enough time in your day? Too much time? Learning how to manage your time may help. Join us to discover time management skills that you can use in your life. [To register online, CLICK HERE.](#)

Thursday – October 28	2:00 - 3:00 pm	Online Zoom Program
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MENTAL WELLNESS

Introduction to 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. [To register online, CLICK HERE.](#)

Wednesday – September 15	6:00 - 7:00 pm	Online Zoom Program
Thursday – October 21	10:00 - 11:00 am	Online Zoom Program

Take Charge of Your Stress — 4 Week Program

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. Attendance the first week of the series is required.

- To register for the [Online Zoom Program, CLICK HERE.](#)
- To register for the [In Person program, call 902-460-4560.](#)

Wednesdays Sept 22, 29, Oct 6 & 13	10:00 - 11:30 am	In Person – Woodlawn Public Library
Tuesdays November 2, 9, 16 & 23	2:00 - 4:00 pm	Online Zoom Program

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, and learn the benefits of using them in life. [To register online, CLICK HERE.](#)

Monday – October 4	10:00 - 11:00 am	Online Zoom Program
Wednesday – November 24	6:00 - 7:00 pm	Online Zoom Program

NEW Exploring Emotions

Are you curious about your emotions? In this series, you'll learn how to identify emotions and develop skills to respond effectively to a range of emotions. Attendance the first week of the series is required.

- The Online Zoom Program is a 4-week series. To register for the [Online Zoom Program, CLICK HERE.](#)
- The In Person program is a 3-week series. To register for the [In Person program, CLICK HERE.](#)

Thursdays September 16, 23 & 30	2:00 - 4:00 pm	In Person — Spryfield Wellness Centre
Thursdays Nov 18, 25, Dec 2 & 9	6:00 - 8:00 pm	Online Zoom Program



ALL PROGRAMS OFFERED ONLINE VIA ZOOM FOR HEALTHCARE BY IWK HEALTH

Please have your child's health card number on hand when you are registering for parenting programs.



Incredible Years – School Age – 12 Week Program

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. [To register online, CLICK HERE.](#)

Wednesdays – Sept 15 to Dec 1	6:00 - 8:00 pm	Online Zoom Program
Tuesdays – Oct 5 to Dec 21	6:00 - 8:00 pm	Online Zoom Program

Incredible Years – Preschool – 14 Week Program

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. Please note there is no session on Monday, December 27th. [To register online, CLICK HERE.](#)

Saturdays – Sept 18 to Dec 18	9:30 - 11:30 am	Online Zoom Program
Mondays – Nov 1 to Feb 7	6:00 - 8:00 pm	Online Zoom Program

Handle with Care – 8 Week Program

This program is designed to help parents and caregivers promote the mental health of young children from birth to 6 years old. Topics include: trust and healthy attachment, promoting self-care and self-esteem, expressing emotions, and building relationships with others. [To register online, CLICK HERE.](#)

Fridays – Sept 24 to Nov 12	9:30 - 11:00 am	Online Zoom Program
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Self-Compassion for Parents

Parenting is a difficult job. Being self-compassionate can help provide us comfort, improved 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. [To register online, CLICK HERE.](#)

Monday – November 8	12:00 - 1:00 pm	Online Zoom Program
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PARENTING

Parenting Your Teen - Walking the Middle Path — 6 Week Program

Learn to better understand your teen, improve communication and help your family run more smoothly. This program is only available to those living in the greater Halifax area. [To register online, CLICK HERE.](#)

Tuesdays – Oct 26 to Nov 30

4:00 - 5:30 pm

Online Zoom Program

My Child is Anxious. Should I Worry? — 2 Week Program

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. [To register online, CLICK HERE.](#)

Monday – Sept 27 & Oct 4

1:00 - 2:30 pm

Online Zoom Program

Thursday – Dec 2 & 9

9:30 - 11:30 am

In Person – Woodlawn Public Library

Screen Time and Your Family

We live in a world where screens are everywhere. Learn about the risks and benefits of screen time and way to help your family. For parents of children 0-12 years. [To register online, CLICK HERE.](#)

Monday – September 20

6:30 - 8:00 pm

Online Zoom Program





Please check the description for each program in this section for information on how to register.

Parent/Caregiver 101 Series — Behaviour, Mealtime & Toileting

Register for one or all three sessions listed below. To register, email angela.samson@iwk.nshealth.ca

Behaviour 101

Learn the basics of why unwanted behaviours happen and how to implement simple positive behaviour support strategies to help prevent them.

Tuesday – September 21	6:00 - 7:30 pm	Online Zoom Program
Wednesday – November 17	6:00 - 7:30 pm	Online Zoom Program

Mealtime 101

Learn healthy mealtime habits, how to introduce new foods, plus lots of tips and tricks to keep your child smiling at the table.

Tuesday – September 28	6:00 - 7:30 pm	Online Zoom Program
Thursday – November 25	6:00 - 7:30 pm	Online Zoom Program

Toileting 101

Discuss considerations and supports to help set your child up for toilet training success.

Wednesday – October 6	6:00 - 7:30 pm	Online Zoom Program
Thursday – December 2	6:00 - 7:30 pm	Online Zoom Program

To check out other online programs offered by Nova Scotia Health and the IWK, you can visit www.healthyns.ca

www.healthyns.ca



LEARN MORE AND CONNECT WITH US

 www.communityhealthteams.ca  [@communityhealthteams](https://www.facebook.com/communityhealthteams)  [@CHTs_NSHA](https://twitter.com/CHTs_NSHA)

WHAT IS A COMMUNITY HEALTH TEAM (CHT)?

A Community Health Team (CHT) offers FREE wellness programs and services in your community.

The range of programs and services offered by each CHT is shaped by what we have heard citizens need to best support their health. Your local Community Health Team:

- offers free group wellness programs at different times and community locations to make it easier for you to access sessions close to home,
- offers free wellness navigation to help you prioritize health goals and connect to the resources that you need, and
- works closely together with community organizations toward building a stronger and healthier community.

Where is my CHT?

BEDFORD/SACKVILLE

Bedford Place Mall – 1658 Bedford Highway

Serving Beaver Bank, Bedford, Fall River, Hammonds Plains, Lucasville, Mount Uniacke, Sackville, & Waverley.

CHEBUCTO (Halifax Mainland)

16 Dentith Road, Halifax

Serving Spryfield, Fairview, Clayton Park, Herring Cove, Armdale, Sambro Loop, the Pennants, Purcell's Cove, Tantallon, Hubbards, St. Margaret's Bay, Beechville, Lakeside, Timberlea, Prospect, Hatchet Lake, & Hubley.

DARTMOUTH

58 Tacoma Drive

Serving Dartmouth, Cole Harbour, Eastern Passage, Lawrencetown, Mineville, and North & East Preston.

HALIFAX PENINSULA

6080 Young Street (Suite 105)

Serving downtown, North-end, South-end, & West-end Halifax.

Community Locations

BEDFORD/SACKVILLE

Acadia Hall – 650 Sackville Drive
Sackville Public Library – 636 Sackville Drive

CHEBUCTO

Spryfield Wellness Centre – 16 Dentith Road
Canada Games Centre – 26 Thomas Raddall Drive

DARTMOUTH

Woodlawn Public Library – 31 Eisener Blvd
East Dartmouth Community Centre – 50 Caledonia Rd

HALIFAX PENINSULA

Good Shepherd Parish – 6903 Mumford Road
Halifax Convention Centre – 1650 Argyle Street

