Health and Wellness with African Nova Scotian Men | January to April 2020 Schedule

For more information please contact NSBrotherhood@nshealth.ca or 902-434-0824
NOVA SCOTIA BROTHERHOOD

is a free program for African Nova Scotian men to access health care in the community to improve overall health and wellbeing.

The Nova Scotia Brotherhood Health Care Team provides:

• Health Promotion and wellness education
• Primary medical care
• Chronic disease management
• Navigation to community and health resources
• Community group connections

Health Talks

Are you part of a group interested in health? Do you have family or friends interested in learning more about a health topic? We are prepared to discuss many topics, including:
• Emotional Wellness
• Healthy Living
• Diabetes
• High Blood Pressure
• Heart health
• Prostate and colon health
...and more.

Call us at 902-434-0824 to have someone from Nova Scotia Brotherhood Initiative come to your group.

Wellness Navigation

Are you stressed? Do you need help to find resources? Are you struggling with your health, money, housing, or mental health and don't know where to go? Do you want to join a group or feel more connected to your community?

Navigators are health professionals who know health care, the community, and government systems. Navigators can find you the right services to help. Call the Nova Scotia Brotherhood Initiative at 902-434-0824 to find out how to meet with a Navigator.
Health and Wellness Services

Walking Group: Black Men Walking (BMW)
According to the Heart & Stroke Foundation, walking as little as 30 minutes a day can provide the following benefits:
• Improve blood pressure and blood sugar levels
• Help maintain a healthy body weight and lower the risk of obesity
• Enhance mental well-being
• Reduce the risk of heart disease and stroke
• Strengthen bones and improved balance
• Increased muscle strength and endurance

Walking is low impact; easier on the joints than running. It is safe – with a doctor’s okay – for people with orthopedic ailments, heart conditions, and those who are more than 20% overweight.

The BMW will also be a peer group for any topics of conversation and will be open for all to discuss.

All participants will be assessed for medical clearance by NSBI doctor

Sessions start at 7pm and will take place at various locations in HRM (Sullivan’s Pond, Lake Banook, Portland Lakes Greenway Trail)

While registration is not required, please feel free to contact the Nova Scotia Brotherhood Initiative at 902-434-0824 to express your interest in this program and the dates it will be offered.

Men’s Health League
The Men’s Health League (MHL) is a volunteer peer-to-peer support group for Black men to help spread key health messages to other men in the community through social and physical activities, as well as promote the health and wellness services of the Nova Scotia Brotherhood healthcare team.

Members of the Men’s Health League:
• Serve as a health role model in the community
• Share health information on key topics
• Engage friends and family in wellness and healthy living
• Report back about emerging health issues
• Act as a bridge between community members and the Nova Scotia Brotherhood healthcare team

To become a member of the Men’s Health League contact 902-240-6131 or email Duane.Winter@nshealth.ca. All Men’s Health League will be held at 260 Wyse Rd from 6:00 p.m. to 8:00 p.m.

DEC 22 | JAN 23 | FEB 27 | MAR 26

Anger Management and Emotional Intelligence Program
This program aims to support participants with using pro-social methods for dealing with their emotions. It will focus on stress management, emotional intelligence, anger management and communication skills. Mindfulness, goal settings, planning and follow-through are also overarching program themes. Come join us and leave with improved self-awareness and a better understanding of your responsibility to manage emotions

All sessions will be held at 260 Wyse Road from 5:30-7:30pm. While registration is not required, please feel free to contact the Nova Scotia Brotherhood Initiative at 902-434-0824 to express your interest in this program and the dates it will be offered.
We offer services from these five locations:

- **DARTMOUTH**
  Wyse Road Professional Centre, 260 Wyse Road

- **HAMMONDS PLAINS**
  Upper Hammonds Plains Community Centre, 711 Pockwock Road

- **NORTH PRESTON**
  North Preston Community Centre, 44 Simmonds Road

- **EAST PRESTON**
  W5 Mall, 1900 Highway 7, Suite 201

- **HALIFAX**

Nov Scotia Brotherhood health care team includes:

- **FAMILY DOCTOR**
  Provides medical care and referrals.

- **WELLNESS NAVIGATOR (SOCIAL WORKER)**
  Provides assistance with finding resources in the community and health care system.

- **COMMUNITY LIAISON**
  Connects with community members, leaders, and organizations.

- **ADMIN STAFF**
  Provides assistance booking appointments and linking you to the team.

The Doctor is in Wednesdays with the following schedule. Please call ahead for an appointment!

- **DARTMOUTH WYSE ROAD**
  JAN 8 | JAN 22 | FEB 5 | MAR 18 | APR 29

- **HAMMONDS PLAINS POCKWOCK COMMUNITY CENTRE**
  JAN 29 | MAR 25 | APR 22

- **EAST PRESTON**
  JAN 15 | FEB 12 | MAR 11 | APR 8

- **NORTH PRESTON**
  JAN 15 | FEB 12 | MAR 11 | APR 8