

September - December 2020

# FREE VIRTUAL HEALTH & WELLNESS PROGRAMS

REGISTER AT [WWW.HEALTHYNS.CA](http://WWW.HEALTHYNS.CA)

FOR QUESTIONS CALL 1-844-460-4555



REDUCING YOUR  
HEALTH RISKS



FOOD, NUTRITION &  
WEIGHT MANAGEMENT



PHYSICAL  
ACTIVITY



MENTAL  
WELLNESS



PARENTING



Online wellness sessions delivered by  
Primary Health Care in partnership with  
IWK Health

# What to Expect: Wellness Programs on Zoom for Healthcare

## WHAT IS ZOOM FOR HEALTHCARE?

Zoom for Healthcare is a secure, web-based service that can be used to see, hear, and talk with others. If you are new to Zoom, instructions will be sent on how to use the technology.

## WHAT DO YOU NEED?

- Smartphone/tablet + free Zoom app OR
- Computer/laptop with microphone or headset
- High speed internet or 4G LTE connection

## FORMAT

- When you arrive in the program, your audio will be **muted** and your camera will be **off**.
- You can interact and ask questions through the "chat box" feature.
- In some programs, you will have the option to turn on the camera and unmute to speak.

## REGISTRATION REQUIRED

In most programs you will be messaged privately to confirm your name and date of birth. This allows us to privately confirm your identity from the registration list.

## PREPARING FOR YOUR PROGRAM

- Join 15 minutes before the start of your program. You will be placed in a virtual waiting room.
- The meeting host will admit everyone 5 minutes before the program starts.
- The meeting will be locked 10 minutes after the program begins.
- For many programs, you will receive an email with more detailed information about what to expect.

## Find a Program:



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# About These Programs



## Reducing Your Health Risks

Risk factors increase the chance of developing or worsening chronic conditions. The good news is that you have a lot of control over your health. Even small behaviour changes can make a big impact on your overall health. Learn more about what you can do to improve your health in these sessions.



## Food, Nutrition & Weight Management

Healthy eating is essential to good health and well-being. Healthy eating helps us to maintain a healthy weight and reduces our risk of developing some risk factors and chronic conditions, like high blood pressure, diabetes, heart disease and cancer.



## Physical Activity

Physical activity is one of the best things you can do for your health. No matter your age, ability level or health status, we all need to move and sit less every day to achieve our best health possible. Even small improvements in your physical activity can have positive impacts on overall health, daily functioning and longevity.



## Mental Wellness

Mental wellness is about feeling balanced, connected to others and ready to meet life's challenges. Healthy behaviours such as speaking assertively, being self-compassionate, managing stress, and addressing our thoughts and emotions can help contribute to overall wellness.



## Parenting

Parenting is one of the most challenging jobs you'll face and also the most rewarding. We can learn skills that help us promote and support the healthy development of our children. Being informed and confident as a parent and using effective strategies can help improve the overall health of your family.

*Thank you to our Community Health Teams, which are facilitating many of the virtual programs being offered!*

# Community Health Teams



# REDUCING YOUR HEALTH RISKS: VIRTUAL PROGRAMS

ALL PROGRAMS OFFERED ONLINE VIA ZOOM FOR HEALTHCARE

## 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 to learn skills to help you sleep better.

Wednesday – September 30	10:00 – 11:00 am
Thursday – October 29	12:00 – 1:00 pm
Tuesday – December 1	7:00 – 8:00 pm

## Prediabetes - 3 week program

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.

Tuesdays – September 8 to 22	10:00 - 11:00 am
Wednesdays – October 14 to 28	7:00 - 8:00 pm
Thursdays – November 19 to December 3	12:00 – 1:00 pm

## Understanding 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 your pain.

Wednesdays – September 30 to October 14	12:00 - 1:00 pm
Thursdays – October 22 to November 5	10:00 - 11:00 am
Mondays – November 23 to December 7	2:00 - 3:00 pm





## ALL PROGRAMS OFFERED ONLINE VIA ZOOM FOR HEALTHCARE

### Your Way to Wellness

Your Way to Wellness is a free chronic disease self management program that helps people with chronic conditions (and their caregivers) overcome daily challenges, take action and live a healthy life.

Groups meet weekly for 2.5 hours for 6 weeks and are led by trained volunteers, most of whom have chronic conditions themselves. Family and friends are welcome to attend as well.

Participants learn how to:

- Set goals and problem solve
- Improve communication with health care providers, family, and friends
- Eat healthier and become more active
- Manage symptoms
- Make daily tasks easier
- Improve self-confidence
- Manage fear, anger, and frustration



Tuesdays — September 15 to October 27 1:30 - 4:00 pm

Wednesdays – October 14 to November 25 9:30 - 12:00 pm

Thursdays – November 5 to December 17 6:00 - 8:30 pm

To register, visit [www.HealthyNS.ca](http://www.HealthyNS.ca). Questions? Call 1-888-672-3444 or email [yw2w@nshealth.ca](mailto:yw2w@nshealth.ca).

### 4 The Health of It

4 the Health of It is a program for people who are at risk of developing a chronic health condition, or those who would like to learn how to prevent a chronic condition from developing. It was developed and is led by health professionals including a dietitian, physiotherapist, social worker, pharmacist, nurse practitioner or physician, and recreation professionals. Sessions are 1.5 hours held once per week for 7 weeks.

Every week attendees will actively participate in:

- Food and recipe discussions
- Exercise and activity discussions
- Guided health discussion and presentations
- Goal setting and progress discussions



The program is free; pre-registration is required.

Tuesdays — September 22 to November 3 1:00 - 2:30 pm

For more information or to register, please contact: [www.HealthyNS.ca](http://www.HealthyNS.ca) or 902-844-6416.





## ALL PROGRAMS OFFERED FOR FREE ONLINE VIA ZOOM FOR HEALTHCARE

### Making the Most of Your Food Dollar: COVID-19

COVID-19 presents challenges for accessing food. 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 safely at home.

Wednesday — September 9	1:30 - 2:30 pm
Friday — October 16	12:00 - 1:00 pm
Thursday — November 12	10:00 - 11:00 am

### 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.

Mondays — September 21 & 28	7:00 - 8:00 pm
Fridays — October 23 & 30	10:00 - 11:00 am
Mondays — November 23 & 30	12:00 - 1:00 pm

### Beyond Weight: Shifting Focus to Health - 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.

Thursdays — September 10 & 17	12:00 - 1:00 pm
Thursdays — October 8 & 15	1:30 - 2:30 pm
Wednesdays — November 18 & 25	10:00 - 11:00 am

### Nutrition Fact or Fiction: COVID-19

With COVID-19, many people are wondering what role food plays in protection from the virus. There is no shortage of information online – but it’s not all reliable! Together, we will look at two current nutrition myths, show you how to spot the “red flags” of a myth, and direct you to trusted sources for COVID-19 information.

Wednesday – September 16	12:00 - 12:45 pm
Monday – October 5	2:00 - 2:45 pm
Monday – November 2	10:00 - 10:45 am

### 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.

Thursday – September 24	12:00 - 1:00 pm
Monday – October 19	10:00 - 11:00 am
Wednesday – December 2	7:00 - 8:00 pm



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## 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, and even more during a pandemic. Join us as we learn about the impact on our health with too much sitting and share ways to move more in our homes, neighborhoods and communities.

Monday — September 14	10:00 – 11:15 am
Tuesday — October 13	7:00 – 8:15 pm
Friday — November 20	12:00 – 1:15 pm

## 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.

Monday — September 21	10:00 – 11:00 am
Tuesday — October 20	7:00 – 8:00 pm
Friday — November 27	12:00 – 1:00 pm

## Ready, Set, Move - Strengthening and Core Stability

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.

Monday — September 28	10:00 – 11:00 am
Tuesday — October 27	7:00 – 8:00 pm
Friday — December 4	12:00 – 1:00 pm

## Ready, Set, Move - Stretching and Balance

Learn the basic techniques of stretching and balance exercises so you can do these at home.

Monday — October 5	10:00 – 11:00 am
Tuesday — November 3	7:00 – 8:00 pm
Friday — December 11	12:00 – 1:00 pm





# PHYSICAL ACTIVITY: VIRTUAL PROGRAMS

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## 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.

Wednesday – September 23	7:00 - 8:00 pm
Monday – October 19	7:00 - 8:00 pm
Friday – November 13	10:00 - 11:00 am

## 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.

Thursdays – September 17 & 24	10:00 - 11:15 am
Fridays – October 23 & 30	12:00 - 1:15 pm
Mondays – November 9 & 16	12:00 - 1:15 pm

## Pregnancy and Exercise During COVID-19

Join us to get the facts about pregnancy and exercise; from getting started to staying motivated while at home. Learn about the health benefits of being active throughout pregnancy and get tips on how to exercise safely. Anyone is welcome.

Friday – September 25	10:00 - 11:00 am
Wednesday – October 21	12:00 - 1:00 pm
Tuesday – December 1	10:00 - 11:00 am

## 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.

Thursday – October 1	12:00 - 12:45 pm
Wednesday – November 4	2:00 - 2:45 pm
Thursday – November 26	10:00 - 10:45 am







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## 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.

Thursday — September 10	2:00 – 3:30 pm
Monday — October 5	6:30 – 8:00 pm
Friday — November 6	10:00 – 11:30 am

## 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.

Friday — October 2	10:00 – 11:00 am
Friday — November 13	12:00 – 1:00 pm
Wednesday — December 9	2:00 – 3:00 pm

## Key Assertiveness Skills - 2 week program

We will discuss the connection between communication and health in this 2 week program. You will learn skills to communicate your needs, thoughts, and feelings in a straightforward, honest, open, and calm way by participating in discussions, group activities, and at-home practice.

Tuesdays — September 15 & 22	1:30 – 3:00 pm
Fridays — October 9 & 16	9:30 – 11:00 am
Mondays — November 9 & 16	12:00 – 1:30 pm

## 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.

Friday — September 11	12:00 – 1:00 pm
Thursday — October 22	7:00 – 8:00 pm
Monday — December 14	10:00 – 11:00 am

## 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.

Friday — September 18	1:30 – 2:30 pm
Friday — October 16	1:30 – 2:30 pm
Friday — November 20	1:30 – 2:30 pm



# MENTAL WELLNESS: VIRTUAL PROGRAMS

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## 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.

Wednesday — September 23	12:00 – 1:00 pm
Thursday — October 15	10:00 – 11:00 am
Tuesday — November 3	10:00 – 11:00 am
Wednesday — December 16	1:30 – 2:30 pm

## 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 on concepts and practice over time. Attendance at the first week of the series is required to continue on and attendance at all 4 sessions is encouraged.

Monday — October 26 to November 16	7:00 – 8:00 pm
Fridays — November 27 to December 18	10:00 – 11:00 am

## Mental Health and Addictions Program: Webinar Series

In stressful times, it is important to remind ourselves that there are healthy and adaptive ways to reduce stress, deal with emotions and remain connected in our personal and workplace relationships. This series of [three free recorded webinars](#) provides useful information and practical tips on staying well.

*Please click the titles to open the link, or type out the URLs provided below in your web browser address bar.*

**[Staying well through stressful times: recognizing and managing stress:](#)** Explore what individuals are commonly experiencing as a result of the stress associated with COVID-19 and recent events. Recognizing and understanding our natural stress signals and reactions helps us to remain aware of our needs and when to prioritize self-care. We can't be there for the ones we love if we aren't able to be well ourselves! This session provides key insights and practical tips and strategies for staying well.

URL: [vimeo.com/423242401](https://vimeo.com/423242401)

**[Dealing with emotions through stressful times:](#)** Fear, anger and loss : Explore the range of emotions individuals experience in times of rapid change and loss. There is growing concern for our collective mental health and well-being. Knowing what is natural is comforting and reassuring. This session provides key insights and practical tips and strategies for staying well. URL: [vimeo.com/423242419](https://vimeo.com/423242419)


**[Working together through stressful times:](#)** Staying connected in relationships : Explore some of the common patterns and behaviours that arise when relationships are under stress. Challenging times put strain on individuals' resources, physically and psychologically. Building our collective resilience is a concerted effort and requires shared understanding and commitment. This session highlights what the key ingredients of healthy relationships are and what is needed to stay healthy together. URL: [vimeo.com/423242388](https://vimeo.com/423242388)





## Mental Health and Addictions Program: Online Tools & Programs


Nova Scotians can access mental health and addictions support where and when they need it by visiting the Mental Health and Addictions Program website: [MHAhelpNS.ca](http://MHAhelpNS.ca). You can use the site to explore information, resources, tools, and connect with help 24/7. Should you or someone you know need to access care, the website offers accurate, up-to-date information about services, contact information, clinic locations, and other resources in our communities.

The website is also home to free eMental Health and Addiction tools, which can be accessed anytime, anywhere. They include:

 **MINDWELL U** [Mindwell U](http://app.mindwellu.com/novascotia): A 30 day, online mindfulness challenge that takes just five minutes daily to complete and can be accessed anywhere on any device. It teaches mindfulness-in-action, so people can become more present and engaged with whatever they are doing and has been shown to lower stress, increase resilience and improve well-being, performance and optimism. URL: [app.mindwellu.com/novascotia](http://app.mindwellu.com/novascotia)

 **TAO** [Therapy Assistance Online \(TAO\)](http://taoconnect.org/what_is_tao/ns/): A self-guided tool that can be accessed on any device. TAO includes interactive modules providing education, interactive activities, videos and practice tools to improve mental wellness and life functioning. URL: [taoconnect.org/what\\_is\\_tao/ns/](http://taoconnect.org/what_is_tao/ns/)

 **Gambling Support Network** [Gambling Support Network](http://gamblingsupportnetwork.ca/): Online and telephone support provided by trained professionals for Nova Scotians or their loved ones who may be affected by experiencing gambling problems and/or harms. URL: [gamblingsupportnetwork.ca/](http://gamblingsupportnetwork.ca/)

 **ICAN** [\(Conquer Anxiety and Nervousness\)](http://login.strongestfamilies.com/folder/1963/): Anxiety Program: Education and skill based coaching program supporting adults ages 18+ seeking help for anxiety and depression. This telephone and/or web based program focuses on learning life-skills to overcome anxiety and to cope with major life stressors. URL: [login.strongestfamilies.com/folder/1963/](http://login.strongestfamilies.com/folder/1963/)

*Please click the titles to open the link, or type out the URLs provided in your web browser address bar.*





# PARENTING: VIRTUAL PROGRAMS

ALL PROGRAMS OFFERED FOR FREE ONLINE VIA ZOOM FOR HEALTHCARE BY



Please call **1-844-460-4555** to register for parenting programs. Please have your child's health card number on hand during this call.

## 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.

Thursdays — October 22 & 29	12:00 – 1:00 pm
Wednesdays — November 18 & 25	1:00 – 2:00 pm

## An Introduction to Parenting Your Teenager

An introductory session to help you better understand your teen and how their brain works, practice skills to improve communication and help your family run more smoothly

Tuesday — October 13	9:30 – 11:00 am
Thursday — December 10	1:00 – 2:30 pm

## Screen Time and Your Family

We live in a world where screens are everywhere. Learn about the risks and benefits of screen time, its impact on sleep, and ways to help your family. For parents of children age 0-12.

Wednesday — November 4	9:30 – 11:00 am
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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.

Thursday — October 15	12:00 – 1:00 pm
Friday — November 20	10:00 – 11:00 am

## Parent/Caregiver 101 Series: Behaviour, Mealtime, and Toileting

Register for one or all three sessions. In Behaviour 101 you will learn the basics of why unwanted behaviours happen and how to implement simple positive behaviour support strategies to help prevent them. In Mealtime 101, we will discuss healthy mealtime habits, how to introduce new foods and a variety of foods, plus lots of tips and tricks to keep your child smiling at the table. In Toileting 101, we will discuss considerations and supports to help set your child up for toilet training success. To register, email

[Angela.Samson@iwk.nshealth.ca](mailto:Angela.Samson@iwk.nshealth.ca)

Behaviour 101 — October 14 & November 19	6:00 - 7:00 pm
Feeding 101 — October 21 & November 17	6:00 - 7:00 pm
Toileting 101 — October 28 & November 24	6:00 - 7:00 pm



For comprehensive information about staying well and living a healthy life visit

[www.HealthyNS.ca](http://www.HealthyNS.ca)

