



Photo courtesy of Old Home Garden

Community Health & Wellness Centre

FREE HEALTH & WELLNESS PROGRAMS

HOURS OF OPERATION

North Preston

Monday to Thursday:
8:30 a.m. – 4:30 p.m.

Fridays:
8 a.m. – 3:30 p.m.

We offer early evening appointments every month at each location.
Call us for details!

East Preston

Wednesdays:
8 a.m. – 3:30 p.m.

Tuesdays, Thursdays & Fridays:
8:30 a.m. – 4:30 p.m.

Summer 2018

NORTH PRESTON • EAST PRESTON
CHERRY BROOK • LAKE LOON



in PARTNERSHIP with



Our Locations:

44 Simmonds Road, North Preston

(P) 902-434-3807

1900 Highway 7, Suite 201, East Preston

(P) 902-434-0824



Health and Wellness Programs Summer 2018

Drop into one of these programs at a time convenient for you!

Community Health Talks

SESSION	DATE	TIME	LOCATION
<p>Personal Wellness Profile Join the Community Health Team for a free health assessment that aims to give you a snapshot of how your health is today! The program will be spread over two weeks, you must attend both weeks.</p> <p>Week 1 we will collect your health measurements like blood pressure, weight, cholesterol and fasting blood sugar, as well as a lifestyle survey.</p> <p>Week 2 you will come back to find out your results, we will discuss your cholesterol numbers, fasting blood sugar, weight and so much more!</p>	May 3	9-10:30 a.m.	Graham Creighton Junior High Community Room, Cherry Brook
	May 10	9-10 a.m.	Graham Creighton Junior High Community Room, Cherry Brook
	<p>Registration is limited and required for Personal Wellness Profile.</p> <p>Please call the Dartmouth Community Health Team office to sign up at 902-460-4560 ext. 3</p>		
<p>Putting the Gold in Your Golden Years What keeps you young at heart? Come learn about the best strategies to keep your brain healthy and active for life.</p>	June 14	11 a.m.-12:30 p.m.	North Preston Community Centre, North Preston
	June 20	10-11:30 a.m.	East Preston Family Resource Centre, East Preston
	July 3	1-2:30 p.m.	Black Cultural Centre, Cherry Brook
<p>Healthy Cooking Classes Join the Community Health & Wellness Centre and East Preston Family Resource as we partner for a fun evening preparing healthy recipes. *Call 902-462-7266 to register Limited spots available</p>	June 11	6:30-8 p.m.	East Preston Family Resource Centre, East Preston



Community Health Talks (continued)

SESSION	DATE	TIME	LOCATION
Tips for Packing the Perfect Picnic Warmer weather means it's time to dust off the picnic basket and search for the red-checkered tablecloth. Join the dietitian as we plan for packing a healthy and delicious picnic.	July 4	4-5:30 p.m.	East Preston United Baptist Church Ministry House, East Preston (During Mobile Food Market)
	July 16	11 a.m.-12 p.m.	North Preston Community Centre
	July 24	11 a.m.-12 p.m.	East Preston Family Resource Centre, East Preston (During post-natal group)
Pop-up Nutrition Session Visit with our dietitian to learn how to prepare something delicious and nutritious! Samples and recipes will be provided.	August 15	11a.m.-12 p.m.	North Preston Community Centre
		4-530 p.m	East Preston United Baptist Church Ministry House, East Preston

MicroResearch NS

Are you interested in improving health in the communities of Preston and Cherrybrook? A MicroResearch NS workshop being planned for July at the WADE, to teach how community members can improve health in their community by bringing their own research ideas to the table.

There will be a meet-and-greet session on Thursday, May 3rd at 7pm, at the WADE (49 Wilfred Jackson Way, Dartmouth). Come learn what the MicroResearch workshop will be like, what the commitment will be, and how you can help solve local community health problems.

To learn more visit www.microresearch-international.ca or Contact heather.rushton@iwk.nshealth.ca 902-470-3890

Teen Hygiene

Interested in learning more about how your teen body works? Test your knowledge by participating in the Hygiene Team Trivia competition – or just learn some interesting facts! Call the Community Health & Wellness session to book a session with your group or chat one-on-one.

Services Available

- Family doctor and nurse practitioner
- IWK pediatrician*
- Diabetes management*
- Advanced medical foot care*
- Nutrition counselling
- Mental health, addictions and seniors mental health
- Wellness navigation

* A referral from a family doctor or nurse practitioner is required for these services. Contact us to learn more about the services available and how to access them.

Weekly Blood Collection

North Preston: Fridays from 8:15 – 9 a.m.

East Preston: Wednesdays from 8 – 9:30 a.m.



MOBILE FOOD MARKET - \$10 Produce Packs

Produce Packs are pre-ordered bags of fresh, affordable fruits and vegetables that are picked up every second Wednesday evening in North and East Preston. *Cash payments only

EVERY SECOND WEDNESDAY

May 9, 23 | Jun 6, 20 | Jul 4, 18 | Aug 1, 15, 29

For more info, contact 902-402-6498 or juliam.kemp@nshealth.ca

Pick up locations:

- EAST PRESTON UNITED BAPTIST CHURCH MINISTRY HOUSE
4pm - 5:30pm - 224 Upper Partridge River Rd
- NORTH PRESTON COMMUNITY CENTRE
5pm - 7pm - 44 Simmonds Rd

Hosted by the East Preston United Baptist Church and the North Preston Baptist Youth Fellowship.

Old Home Community Garden

Come “grow community” this summer at the community garden. Contact Joanna Pugh at 902 434-0674 ext 2 for information on renting a plot for the season.

Visit the Community Health & Wellness Centre booth at the Garden BBQ Saturday May 26 from 2-4pm. Location will be the H.G Bauld Centre, 35 Wilfred Jackson Way next to the garden.

Are you part of a community group interested in health? Do you have friends or family interested in learning more about a health topic?

Call us at 902-434-3807 to have someone from the health team come to your group. We can bring a healthy snack!