

# HealthyNS

Spring/Summer 2024

**FREE** online health and wellness programs for Nova Scotians!

Sign up at  
**HealthyNS.ca**



Self-  
Management



Reducing  
Your Health  
Risks



Healthy  
Eating



Physical  
Activity



Mental  
Wellness



Parenting



Questions? Email us at:  
[healthyns@nshealth.ca](mailto:healthyns@nshealth.ca)



# HealthyNS

## What is HealthyNS?

**HealthyNS** is an initiative from **Nova Scotia Health** that provides free online health and wellness classes for residents of Nova Scotia! Topic areas include **Self-Management, Reducing Your Health Risk, Healthy Eating, Physical Activity, Mental Wellness** and **Parenting**.

Most programs are for adults who are 18 years and older, but there are specific programs for Youth. And the best part? You don't need a Doctor or Nurse Practitioner referral to join a program, anyone can sign up!

Programs are developed and facilitated by experienced healthcare professionals from Nova Scotia Health or IWK Health, and are delivered using Zoom for Healthcare, making them accessible to Nova Scotians no matter where they live in the province.

You can register online at [HealthyNS.ca](https://HealthyNS.ca), or by clicking on the link in the program description. If you have any questions, don't hesitate to email us as [healthyns@nshealth.ca](mailto:healthyns@nshealth.ca)!



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# Self-Management

## Health Goal Coaching

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:

Visit [HealthyNS.ca](https://HealthyNS.ca), [CLICK HERE](#) or call 1-855-444-5557

## Ideas into Action: Small Steps. Big Success!

Having difficulty reaching your health goals? Join this live session to learn the process of creating realistic and achievable goals to live your healthiest life.

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Thursday March 7, 6:00pm-7:15pm**

**Tuesday May 28, 2:00pm-3:15pm**

**Thursday June 27, 6:00pm-7:15pm**

Or check out the [self-directed module](#) you can do any time!

## Keeping it Going with Your Health Goals!

It's normal to face obstacles when trying to stay on track with your health goals. This session is designed to help you keep going and stick to your goals. Register for this session after you have attended *Ideas into Action*.

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Thursday April 4, 6:00pm-7:15pm**

**Tuesday June 18, 2:00pm-3:15pm**

Or check out the [self-directed module](#) you can do any time!



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## Self-Management

### Advance Care Planning and Personal Directives

Are you interested in preparing yourself and your loved ones for the future? The goal of this session is to explore what advanced care planning is and what to include when creating a personal directive.

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Tuesday March 19, 1:00pm-3:00pm**

**Wednesday May 22, 6:00pm-8:00pm**

**Wednesday June 19, 1:00pm-3:00pm**

### Time Management and Well-being

Do you find yourself overloaded by the things you need to fit into your day? Are you interested in learning tips and tools to achieve a better balance and focus in your life? Join us to learn more about time management skills.

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Friday June 7, 10:00am-11:30am**

Or checkout the [self-directed module](#) you can do any time!

### Let's Talk: Teens Building Their Healthcare Skills: Supporting Health Management for Youth with a Chronic Health Condition

This webinar is for parents/caregivers and their youth who have a health condition. You'll hear from youth who have transitioned to the adult health care system. We'll talk about why it's helpful to start talking about transition to adult care early, what self-management means and steps you can take to build your healthcare skills.

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Monday April 8, 12:00pm-1:00pm**



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# Reducing Your Health Risks

## Actionable Allyship

This workshop will help to increase your awareness of how prideHealth supports, as well as digs deeper into how you can be an actionable ally for 2SLGBTQIA+ people. It will answer questions about gender affirming care, creating safer spaces, supporting children and youth, provide further training and resources and information on how to use gender inclusive language/pronouns.

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Monday April 8, 2:00pm-3:15pm**

**Tuesday June 4, 6:00pm-7:15pm**

## Aging Well: Let's Talk about Frailty

Are you or someone you know at risk for frailty? Join this session to learn what frailty is, how it impacts your health, and practical tips to stay strong and healthy as you grow older.

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Wednesday April 3, 10:00am- 11:15 am**

**Friday May 24, 2:00pm- 3:15pm**

**Tuesday June 11, 6:00pm- 7:15pm**

## Building Better Sleep

Do you ever wonder how you could get a better night's sleep? How well you sleep can make a difference in how you live your life. Join us for a discussion on how to promote better sleep in your life.

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Monday May 6, 6:00pm-7:15pm**

**Thursday July 25, 10:00am-11:15am**



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# Reducing Your Health Risks

## Falls Prevention

Did you know that most falls are preventable? We will talk about how to prevent slips, trips, and falls so you can keep enjoying the fun things in life. We are going to discuss how to move your body, improve your health and remove hazards in your home.

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Monday April 15, 2:00pm-3:30pm**

**Thursday June 27, 10:00am-11:30am**

## Prediabetes (3-week Program)

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

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Fridays, April 5 to 19, 12:00pm-1:15pm**

**Tuesdays, May 7 to 21, 2:00pm- 3:15pm**

**Thursdays, June 6 to 20, 6:00pm-7:15pm**

**Tuesdays, June 25 to July 9, 10:00am-11:15am**

## 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.

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Wednesdays, March 27 to April 10, 6:00pm-7:15pm**

**Fridays, May 24 to June 7, 12:00pm-1:15pm**



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# Reducing Your Health Risks

## COPD Care and Education Program Info Session

Are you interested in learning how to live well with COPD? This program focuses on self-management skills and activities, such as getting tested for COPD, adopting healthy behaviors to support lung health, and developing a personal directive.

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Thursday April 18, 2:00pm-3:30pm**

**Wednesday May 22, 2:00pm-3:30pm**

## Oral Health and Swallowing Wellness: The Key to Eating Well as You Age

Did you know that 1 in 5 seniors have difficulty eating and swallowing? Maintaining your ability to eat your favorite foods is important for staying healthy as you age. In this program you will learn how your oral health, physical health, and swallowing are connected, and steps you can take to maintain your swallowing ability well into the future.

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Wednesday May 1, 2:00pm-3:15pm**

**Wednesday June 5, 10:00am-11:15am**



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# Healthy Eating

## 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 will explore the benefits of plant-based eating and how to incorporate plant foods in a simple and cost-effective way.

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Monday March 25, 12:00pm-1:15pm**

**Wednesday May 8, 2:00pm-3:15pm**

## Craving Change<sup>®</sup> (6-week Program)

Ever wonder why you eat the way you do? Craving Change<sup>®</sup> explores how your emotions and environment affect your food choices and offers tools and tips to help you make healthier eating choices.

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Thursdays, April 11 to May 16, 6:00pm-8:00pm**

## Explore the Mediterranean Diet (2-week Program)

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.

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Wednesday April 17 & 24, 2:00pm-3:15pm**

**Wednesday May 15 & 22, 6:00pm-7:15pm**

**Friday June 14 & 21, 10:00am-11:15am**



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# Healthy Eating

## Healthy Eating 101

If you're feeling confused about where to start, we've got you covered with easy-to-follow basics from Canada's Food Guide, helping you make informed choices for a balanced diet.

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Tuesday April 23, 2:00pm-3:30pm**

**Wednesday June 12, 2:00pm—3:30pm**

## 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 sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Monday April 29, 6:00pm- 7:15pm**

**Wednesday June 5, 2:00pm-3:15pm**

**Monday July 8, 12:00pm- 1:15pm**

## Meal Planning and Recipe Inspiration

Have you ever thought about the connection between what you eat and how you feel? Food choices and eating habits can affect your mood, but how you feel can also influence what you eat.

What's good for your body is good for your mood!

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Wednesday June 26, 12:00pm-1:15pm**

**Monday August 26, 12:00pm-1:15pm**



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## Healthy Eating

### Introduction to Beyond Weight

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. We will explore the many factors that influence weight, expectations for weight loss, and strategies to support your health and wellness.

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Monday March 18, 1:30pm-3:00pm**

**Monday May 27, 6:00pm-7:30pm**

### Beyond Weight. Shifting the Focus to Health (11-week Program)

This program supports you to shift focus away from weight as a measure of your health. In this interactive virtual group, we will explore how to make lasting change in the areas of nutrition, physical activity and mental well-being. We will discuss the complexities of weight and learn strategies to support change. This program does not focus on “dieting” and individualized meal plans will not be provided. Each week you will set your own goals and plan to achieve them. All participants will receive an intake call prior to the start of the program to ensure this is the right program for you. **Please note:** *Introduction to Beyond Weight* is not a pre-requisite to attend this program.

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Tuesdays, April 9 to June 25, 12:00pm-1:00pm**

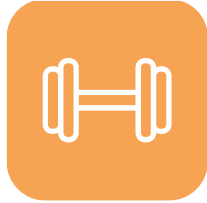


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# Physical Activity

## Physical Activity Counselling

Discover how physical activity can help you improve your health and manage chronic (ongoing) conditions. Physical activity counselling empowers you to make long-lasting improvements to your physical activity levels. You will meet one-on-one with our Clinical Exercise Physiologist/ Kinesiologist. Together, you will create a personalized plan to help you meet your physical activity goals.

To book an intake appointment:

Visit [HealthyNS.ca](https://HealthyNS.ca), [CLICK HERE](#) or call **1-855-444-5557**

## 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.

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Tuesday April 16, 2:00pm-3:30pm**

**Wednesday May 29, 6:00pm-7:30pm**

## Move More for Better Health

Our bodies were designed to move and that can be challenging. Learn about the impact on our health with too much sitting and share ways to move more in our homes, neighborhoods, and communities.

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Monday March 25, 10:00am-11:15am**

**Tuesday August 20, 10:00am-11:15am**



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# 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 exercises and their role in your health, in weight loss, and in maintaining good health. Learn tips to be active at any size. **You will NOT exercise in this program.**

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Thursdays, May 23 & 30, 2:00pm-3:15pm**

## Pregnancy and Exercise (Recorded Video)

Did you know that exercise during pregnancy can benefit both you and your baby? Check out the Pregnancy and Exercise video to learn more about the benefits and how you can safely start an exercise routine during pregnancy.

Visit [HealthyNS.ca](https://HealthyNS.ca) or [click here](#) to view!

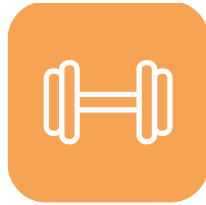


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# Physical Activity

## Ready, Set, Move - Introduction to Cardio

Learn the Canadian Guidelines for how much exercise you need to realise health benefits. We will discuss simple techniques on how to safely increase your intensity with no equipment. **You will NOT be exercising in this session.**

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Monday May 13, 6:00pm-7:15pm**

## Ready, Set, Move - Strengthening

Do you want to improve your strength but are 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 with these exercises on your own. **You will NOT be exercising in this session.**

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Tuesday April 9, 2:00pm-3:30pm**

**Tuesday June 18, 6:00pm-7:15pm**

## Ready, Set, Move - Stretching and Balance

Learn the basic techniques of stretching and balance exercises so you can do these at home. **You will NOT be exercising in this session.**

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Monday April 22, 2:00pm-3:15pm**



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## Mental Wellness

### 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 sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Tuesday March 19, 6:00pm-7:30pm**

### Exploring Emotions (4-week Program)

In this program, you will 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**

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Tuesdays, April 9 to 30, 6:00pm-8:00pm**

### Free Time and You

Leisure and recreation can have a big impact on our health and wellbeing. Join us to explore strategies and resources to make the most of your free time!

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Thursday, August 22, 12:00pm-1:15pm**



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## Mental Wellness

### 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.

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Thursday July 11, 11:30am-1:00pm**

### Self-Compassion ( 4-week Program)

Being self-compassionate can help provide us comfort, improve health, and increase our sense of satisfaction in our roles. Join us to dive 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 is required.**

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Fridays, April 26 to May 17, 10:00am-12:00pm**

### 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 sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Friday May 31, 10:00am-11:30am**

**Tuesday July 16, 2:00am-3:30pm**



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# HealthyNS

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## Mental Wellness

### Take Charge of Your Stress (4-week Program)

Stress can have significant impacts on our health and well-being. 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 sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Mondays, June 3 to 24, 10:00am-12:00pm**

### Talking about Grief

Grief is a completely normal response to loss, and yet it can be one of the most difficult human experiences. This session will provide the opportunity to learn more about grief, including resources and supports that are available to you.

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Friday March 22, 2:00pm-3:30pm**

**Tuesday May 14, 6:00pm-7:30pm**



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HealthyNS

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# Parenting

## Incredible Years School Age (12-week Program)

This program focuses on improving your child's social and emotional skills and reducing behavior problems. It is for parents of children who are 6-12 years old.

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Wednesdays, March 27 to June 12, 6:00pm-8:00pm**

## Parenting Your Teen- Walking the Middle Path (6-week)

Learn to better understand your teen, improve communication and help your family run more smoothly.

To sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Wednesdays, April 10 to May 15, 5:00pm-6:30 pm**

## 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 sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Thursdays, July 11 & 18, 10:00am-12:00 pm**

## 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 sign up visit [HealthyNS.ca](https://HealthyNS.ca) or [CLICK HERE!](#)

**Tuesday July 9, 12:00pm-1:00pm**



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# DiabetesNS

DiabetesNS.ca provides information and resources to help Nova Scotians live well with diabetes.

## Diabetes Essentials (Recorded Video)

Learn what diabetes is, ways to manage it, and targets to strive for. Feelings related to diabetes are also explored, along with tips for setting realistic goals.

[CLICK HERE](#) to view or visit [DiabetesNS.ca](https://DiabetesNS.ca)

## Eating Well with Diabetes (Recorded Video)

Learn how food affects blood sugar, the importance of meal spacing and balance, and practical tips to cut back on sugar. The glycemic index is also reviewed, along with tips for setting realistic goals.

[CLICK HERE](#) to view or visit [DiabetesNS.ca](https://DiabetesNS.ca)

## Moving Well with Diabetes (Recorded Video)

Learn why exercise is important for diabetes management, how to exercise safely, and about current activity guidelines. Tips for setting realistic goals are also provided.

[CLICK HERE](#) to view or visit [DiabetesNS.ca](https://DiabetesNS.ca)

## Staying Well with Diabetes (Recorded Video)

Learn about the “A, B, C’s” of diabetes management, how to care for your feet, and tips for setting realistic goals.

[CLICK HERE](#) to view or visit [DiabetesNS.ca](https://DiabetesNS.ca)

## Coping Well with Diabetes (Recorded Video)

Learn about emotional reactions to diabetes, including stress and diabetes distress. Strategies to manage stress and to achieve new healthy habits are also reviewed.

[CLICK HERE](#) to view or visit [DiabetesNS.ca](https://DiabetesNS.ca)



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