

# HealthyNS

Fall/Winter 2023-2024

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

Sign up at  
[HealthyNS.ca](https://HealthyNS.ca)



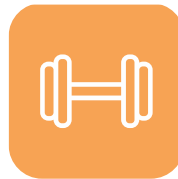
Self  
Management



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 the IWK 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 be healthier, but find it hard to make changes? You're not alone! It's not always enough to know what to do to be healthier. Making a plan and setting realistic goals can help you be more successful. If you want to learn how to do this, meet one-on-one with a Health Goal Coach and together you can work on turning your ideas into a plan you can follow!

This program supports your learnings from **Ideas into Action**. To book an intake call **1-855-444-5557** (toll free) or to book online [CLICK HERE!](#)

### 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!](#)

**Monday, November 6, Noon-1:15pm,**

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

Or check out the [self-directed module](#) 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!](#)

**Monday December 4, Noon- 1:15**

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



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## Self-Management

### Advanced Care Planning and Personal Directives

Are you interested in preparing yourself and your loved ones for the future? Do you have life insurance, a will, or power of attorney? There is another kind of insurance you can have, that costs nothing and helps ensure that your medical and personal care wishes are respected. 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 September 12- 1:00- 3:00pm**

**Tuesday November 7 –1:00- 3:00pm**

**Tuesday December 12 –1:00- 3:00pm**

**Tuesday February 13 – 1:00- 3:00pm**

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

### You're in Charge! For Youth with Health Conditions (2 Week Program)

This peer-led workshop is a valuable experience for youth (13 years+) with a health condition, and their caregivers, to start the conversation about transition from the pediatric to adult healthcare system. Through small group discussions and activities, youth will build on their self-management knowledge and skills and learn to manage their health condition(s) with more confidence. With the help of peer facilitators, youth will set a health goal, and plan to practice a new health care skill.

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

**Tuesdays, September 26 and October 10, 6:00 - 7:30 pm**

**Mondays, November 13 and November 27, 6:00-7:30 pm**



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# Reducing Your Health Risks

## **Aging Well: Let's Talk about Frailty - NEW!**

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!](#)

**Tuesday October 17, 10:00- 11:15 am**

**Monday November 20, Noon- 1:15pm**

**Thursday January 25, 2:00- 3:15pm**

**Wednesday February 28, 6:00- 7:15pm**

## **Prediabetes (3 Week Program)**

Join our online prediabetes program to understand what it means when your blood sugars are above the normal range and the potential risk of developing diabetes. Discover the power of lifestyle choices, empowering you to take control of your future.

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

**Mondays October 16-30, 12-1:15 pm**

**Thursdays February 15-29, 6-7:15 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.

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

**Tuesdays October 31-November 14, 10-11:15 am**



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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!](#)

**Thursday January 18, Noon-1:15pm**

## 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. Attendance the first week of the series is required.

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

**Friday October 13 and 20, Noon – 1:15pm**

**Wednesday February 7 and 14, 2:00- 3:15pm**

## 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!](#)

**Thursday November 9, 10:00-11:15am**

**Wednesday January 31, 2:00- 3:15 pm**



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## Healthy Eating

### 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.

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

**Tuesdays, November 7 and 14, 2:00-3:15pm**

### 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 make a 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 Jan 9 - March 19, 6:30-8:00 pm**



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## Healthy Eating

### Beginners Guide to Plant Based Eating

Are you interested in making plant-based meals, but you are 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 your diet in a simple and cost-effective way.

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

**Wednesday December 6, 2:00 -3:15**

### 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 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!](#)

**Thursday Sept 28 and October 5, 2:00- 3:15pm**



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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.

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

**Friday November 17, 2:00-3:15pm**

**Friday January 19 : 10:00- 11:15pm**

### 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!](#)

**Monday January 8, 10-11:15am**

### 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!](#)

**Wednesday October 11, 10-11:15am**

**Tuesday February 20, 2:00 to 3:15pm**

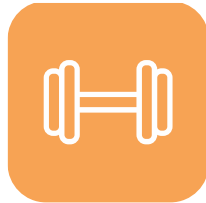


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# Physical Activity

## 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!](#)

**Monday February 5 and 12 Noon- 1:15pm**

## 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) to view!



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# Mental Wellness

## 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). Attendance the first week is required.

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

**Tuesdays September 19- October 10, 1:30-3:30pm**

## 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!](#)

**Thursdays February 8-29, 1:30-3:30pm**

## 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 January 26, Noon – 1:15pm**



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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 October 23- November 20, 2:00-4:00pm**

**\*No program on Monday November 13**

### Free Time and You

Leisure and recreation can have a big impact on our health and wellbeing. There are ways you can connect with things that interest you and experience enjoyment. 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!](#)

**Wednesday November 15, 6:00 – 7:15 pm**



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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://www.healthyns.ca) or [CLICK HERE!](#)

**Thursdays, January 4- March 28, 6:00 – 8:00pm**

## **Incredible Years Pre-school (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.

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

**Mondays September 12 – December 12, 6:00-8:00 pm**

## **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.

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

**Mondays January 15-February 26, 5:00-6:30 pm**



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# Parenting

## **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!](#)

**Tuesdays September 19 and 26, 10:00-11:30am**

## **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!](#)

**Friday February 9, Noon-1:00pm**



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