

**September 2020**  
**Free Online**  
**Wellness Programs**  
**Zoom for Healthcare**

**Community**   
**Health Teams**

**Reducing Your Health Risks**

**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 for a discussion about why we sleep, what impacts our sleep, and discover other tips to get a better sleep.

Wednesday, September 30<sup>th</sup> from 10:00 to 11:00 am

**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, 15 & 22<sup>nd</sup> from 10:00 to 11:00 am

**Understand 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<sup>th</sup> to October 14<sup>th</sup> from 12:00 to 1:00 pm

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**Programs are open to residents of Nova Scotia with a valid Nova Scotia health card.**

**To Register Visit**

**[www.CommunityHealthTeams.ca](http://www.CommunityHealthTeams.ca)**

For questions, call 902-460-4560 or toll free at 1-844-460-4555



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**Food, Nutrition and Weight Management**

**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 9th from 1:30 to 2:30 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 10th & 17th from 12:00 to 1:00 pm

**Nutrition Fact or Fiction**

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 2 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 16th from 12:00 to 12:45 pm

**Physical Activity**

**Mindful Movement (NEW)**

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 23rd from 7:00 to 8:00 pm

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## Physical Activity Continued

### Pregnancy and Exercise

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 25th from 10:00 to 11:00 am

### Ready, Set, Move – 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 14th from 10:00 to 11:15 am

### Ready, Set, Move - Introduction to Cardio Workshop

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<sup>st</sup> from 10:00 to 11:00 am

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

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<sup>th</sup> from 10:00 to 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 17th & 24th from 10:00 to 11:15 am

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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.

Thursday, September 10th from 2:00 to 3:30 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 11th from 12:00 to 1:00 pm

### Key Assertiveness Skills – 2 Week program

We will discuss the connection between communication and health in this 4 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 15th & 22nd from 1:30 to 3:00 pm

### Free Time and You: Try Something New

Join us for an hour of social connection and discuss ways to participate in recreation and leisure activities while at home.

Friday, September 18th from 1:30 to 2:30 pm

### Introduction to Self-Compassion (NEW)

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 23rd from 12:00 to 1:00 pm

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