

FREE Online Wellness Sessions



Mental Wellness

How Can I Get A Better Night's Sleep?

- June 11: 12:00 - 1:00 p.m.
- June 26: 12:00 - 1:00 p.m.

Practicing Skills to Support Managing Stress

- June 15: 7:00 - 7:30 p.m.

Self-Compassion

- June 19 12:00 - 1:00 p.m.
- June 25 12:00 - 1:00 p.m.

Time Management and Well-being

- June 16 12:00 - 1:00 p.m.
- June 30 12:00 - 1:00 p.m.

Healthy Eating

Nutrition Fact or Fiction: COVID-19

- June 12 12:00 - 12:30 p.m.
- June 29 7:00 - 7:30 p.m.

Making the Most of your Food Dollar During COVID-19

- June 17: 12:00 - 1:00 p.m.

Why Am I Still Hungry?

- June 22: 12:00 - 1:00 p.m.

Physical Activity

Sit Less, Move More at Home

- June 18 12:00 - 1:00 p.m.

Finding an Online Exercise Program

- June 24 12:00 - 12:30 p.m.

Parenting

Being a Parent During COVID-19

- June 23 12:00 - 1:00 p.m.

My Child is Anxious – Should I worry? Two Week Series

- June 8 and 15: 6:00 - 7:00 p.m.

Self-Compassion for Parents

- June 29 12:00 - 1:00 p.m.

Your Way to Wellness

Learn to live well with a chronic condition in this six-week program. More sessions are being added soon. Visit yourwaytowellness.ca to see upcoming dates and to register. You can also call 1-888-672-3444.

Register Today



1-844-460-4555

CommunityHealthTeams.ca

Find tips about being active, healthy eating, mental wellness and more at HealthyNovaScotia.ca.