

Summer 2020 Free Online Wellness Programs Zoom for Healthcare



Food, Nutrition & Weight Management

Nutrition Fact or Fiction: COVID-19

With COVID-19, many 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.

Tuesday August 11, noon – 12:30 p.m.

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.

Monday July 13, noon – 1 p.m.

Why Am I Still Hungry?

Are you snacking a lot throughout the day? Feeling hungry even after you just ate a meal? Join us to explore strategies to help feel full and satisfied after eating. Topics covered include satiety, fiber, protein and meal timing.

Tuesday July 21, 10 a.m. – 11 a.m.

Friday August 28, noon – 1 p.m.

Food and Mood -2 week series

During times of uncertainty and change we may feel an increase in stress or other emotions, which can influence what and how much we eat. Join us to learn about the connection between food and mood.

Wednesdays August 19 & 26, noon – 1 p.m.

Register Online: [Click Here](#)

Call: 1-844-460-4555

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Physical Activity

Pregnancy and Exercise During COVID-19

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.

Wednesday July 29, 10 a.m. – 11 a.m.

Thursday August 20, noon – 1 p.m.

Finding an Online Exercise Program.

Did you have an exercise routine outside the home and now need a new plan to stay active? Or are you new to exercise and need a place to start? Join us to explore some of the online exercise resources available to you.

Wednesday July 15, 10 a.m. – 10:45 a.m.

Monday August 31, noon – 12:45 p.m.

Sit Less, Move More at Home

Is social distancing causing you to sit more? Starting or continuing an exercise program during COVID-19 can be challenging. Join us to learn the health benefits of exercise, and how to move more at home.

Thursday July 9, noon – 1 p.m.

Parenting (IWK) Registration for parenting programs by phone only

Self-Compassion for Parents

Parenting is a difficult job. Self-compassion can help provide us comfort, improve health and increase our parenting satisfaction. Join us to practice ways to promote self-compassion when we experience difficulties in our everyday lives.

Thursday July 23, 10 a.m. – 11 a.m.

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Mental Wellness

How can I get a better night's sleep? -COVID-19

Has your sleep been affected by the COVID-19 pandemic? How well you sleep can make a difference in your overall wellness and ability to cope. Join us to learn skills to help you sleep better.

Tuesday August 25, 10 a.m. – 11 a.m.

Practicing Skills to Support Managing Stress

Join us as we introduce and practice skills to help manage stress. During this session you will have an opportunity to try practices such as breathing techniques that can support your mental wellness.

Tuesday July 7, 10 a.m. – 10:30 a.m.

Thursday August 13, 10 a.m. – 10:30 a.m.

Time Management & Well-being

Not enough time in your day? Too much time? Learning how to manage your time may help. Join us to discover time management skills that you can use in your life.

Tuesday July 28, 10 a.m. – 11 a.m.

Self-Compassion

Self-compassionate can help provide us comfort, improve health and increase sense of satisfaction in our roles. Join us to practice ways to promote self-compassion when we experience difficulties in our everyday lives.

Thursday July 30, noon. – 1 p.m.

Monday August 17, 10 a.m. – 11 a.m.

Register Online: [Click Here](#)

Call: 1-844-460-4555

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