

# Spring 2020 Online Wellness Programs Zoom for Healthcare

# Community Health Teams

## Food, Nutrition and Weight Management

### **Nutrition Fact or Fiction: COVID-19**

Many people are wondering about the role that food and nutrients play in protection from the Covid-19 virus. Join us to for two examples of nutrition myths currently circulating, show you how to spot the “red flags” of a myth, and direct you to trusted sources for COVID-19 information.

**Friday June 12<sup>th</sup>: 12-12:30 p.m.**

**Monday June 29<sup>th</sup>: 7-7:30 p.m.**

### **Making the Most of your Food Dollar During COVID-19**

COVID-19 presents challenges for accessing food. Join us to learn how to get more value and nutrition from your food dollar at home and in your community. You will receive recipes and resources to help you organize, plan, and prepare healthy low-cost dishes safely at home.

**Monday June 1<sup>st</sup>: noon-1:00 p.m.**

**Wednesday June 17<sup>th</sup>: noon-1:00 p.m.**

### **Why Am I Still Hungry?**

Do you find yourself snacking a lot throughout the day? Or feeling hungry even after you just ate a meal? Join our dietitian to explore strategies that can help you feel full and satisfied after eating. Topics covered will include satiety, fiber, protein and meal timing.

**Monday June 22<sup>nd</sup>: noon-1:00 p.m.**

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

Register [online here](#)

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

Or Call: 1-844-460-4555



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## Physical Activity

### **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 your CHT physiotherapist to learn about the health benefits of exercise, and how to move more in your neighborhood, yard or home.

**Wednesday May 27<sup>th</sup>: noon-1:00 p.m.**

**Thursday June 4<sup>th</sup>: noon-1:00 p.m.**

**Thursday June 18<sup>th</sup>: noon -1:00 p.m.**

### **Finding an Online Exercise Program.**

Are you somebody who had 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 your CHT physiotherapist to explore some of the online exercise resources available to you.

**Monday June 8<sup>th</sup>: noon -12:30 p.m.**

**Wednesday June 24<sup>th</sup>: noon -12:30 p.m.**

**Thursday May 28<sup>th</sup>: noon-12:30 p.m.**

## Parenting (IWK) Call 1-844-460-4555 to register

### **Being a Parent During Covid-19**

Parenting is a difficult job, now made more challenging during the pandemic. Join us to discuss parenting strategies to help take care of our children and ourselves.

**Wednesday June 23<sup>rd</sup>: noon-1:00 p.m.**

### **My Child is Anxious – Should I worry? 2 week series.**

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.

**Mondays June 8<sup>th</sup> and 15<sup>th</sup>: 6-7 p.m.**

### **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.

**Monday June 29<sup>th</sup>: noon-1:00 p.m.**

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## Mental Wellness

### **The COVID 19 Pandemic: How can I get a better night's sleep?**

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.

**Thursday June 11<sup>th</sup>: noon-1:00 p.m.**

**Friday June 26<sup>th</sup>: noon-1:00 p.m.**

### **Practicing Skills to Support Managing Stress.**

Join your CHT wellness navigators 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.

**Wednesday May 20<sup>th</sup>: noon-12:30 p.m.**

**Wednesday June 3<sup>rd</sup>: noon-12:30 p.m.**

**Monday June 15<sup>th</sup>: 7-7:30 p.m.**

### **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 when we experience difficulties in our everyday lives.

**Friday June 19<sup>th</sup>: noon-1:00 p.m.**

**Thursday June 25<sup>th</sup>: noon- 1:00 p.m.**

### **Time Management and 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 June 16<sup>th</sup>: noon-1:00 p.m.**

**Tuesday June 30<sup>th</sup>: noon-1:00 p.m.**

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