

# Northern Zone Mobile Health and Wellness Team

## Winter 2025 Programs and Events



Self Management



Reducing your Health Risks



Healthy Eating



Mental Wellness



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For more information about our services and team calendar, scan the QR Code!

# Meet Our Team



## PHARMACIST

Medication Reviews  
Prescription Renewals  
Chronic Disease Management  
Certified Diabetes Educator



## EMOTIONAL WELLNES

Healthcare and Community Resource  
Navigation  
Group/Individual Counselling (Mild-  
Moderate)  
Emotional Wellness Intervention/Promotion



## FAMILY PRACTICE NURSE

Health Promotion  
Illness Prevention  
Immunizations  
Sexual Health Information



## SOCIAL WORKER

Social Function  
Counselling/Therapy  
Social Services Support



## DIETITIAN

Nutrition Counselling  
Planning and Education  
Diet and Lifestyle Coaching



## OCCUPATIONAL THERAPIST

Functional Abilities Assessment  
Home and Falls Risk Assessment  
Mobility Aids and/or Specialized Equipment  
Disability Management and Treatment Plan



For more information about  
our services and team calendar,  
scan the QR Code!

# What is the Northern Zone Mobile Health and Wellness Team?

The Northern Zone Mobile Health and Wellness Team is a collaborative group of healthcare providers available to provide one-on-one confidential appointments, group programs and navigation of healthcare services.

We can support you in your community, at home, virtually or in our office space in Truro.

Colchester, East Hants and Cumberland residents can self-refer to our FREE health & wellness services or request a visit to your community by contacting us at

[782-370-0424](tel:782-370-0424) or [NZHWT@nshealth.ca](mailto:NZHWT@nshealth.ca)



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# Programs for Self-Management

## Beyond Weight (4-week program)

This program supports you to shift focus away from weight as a measure of your health. In this interactive, judgement free 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.

### What you’ll Gain:

- Knowledge on obesity as a chronic medical condition, freedom to live without guilt, support from a community of people living with obesity, access to a healthcare professional with over 10 years of experience in obesity management and most of all, a judgement free, safe space to connect and learn

### Program Overview:

- Week 1 - Obesity and the appetite system
- Week 2 - Values over goals
- Week 3 - Diets; the good, the bad and everything in between!
- Week 4 - Medication overview

### Dates Offered:

Wednesdays, January 8 to January 29 • 10:30 a.m. to 11:30 a.m.

In-Person (Truro Office) or Virtual/Online

\*Registration for program closes 24hrs before start\*

**To Sign-Up: Call 782-370-0424 or Email [NZHWT@nshealth.ca](mailto:NZHWT@nshealth.ca)**



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# Programs for Self-Management

## COPD Management (4-week program)

Meet with members of our team trained in chronic disease management to complete a thorough review of your medications, review inhaler technique, assist with lifestyle changes to help reduce your risk of exacerbation and develop a COPD action plan to assist you with managing exacerbations.

### What you'll gain:

- Knowledge on what COPD is, how to manage it and changes you can make to improve symptoms
- Hear from others living with COPD and share experiences
- Discuss newer inhalers available to treat COPD
- Review the different devices and how to properly use them to maximize symptom control

### Program Overview:

- Week 1 - Introduction to COPD
- Week 2 - Screening, breathing tests and Lifestyle changes
- Week 3 - Review inhalers
- Week 4 - Prevention and management of COPD exacerbations

### Dates offered:

Bi-Weekly on Tuesdays, January 14 to February 25 • 2 p.m. to 3 p.m.

In-Person (Truro Office) or Virtual/Online

\*Registration for program closes 24hrs before start\*

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# Programs for Self-Management

## ADHD Navigator

### Join Our ADHD Support Group!

Looking for a space where you truly belong? Our ADHD Support Group offers a fun, judgment-free zone where you can connect with others who get it! Through games, engaging chats, and shared experiences, we focus on building community, boosting confidence, and celebrating the unique strengths of ADHD minds.

### What to Expect:

- Interactive games to keep things lively
- Honest, supportive conversations
- A safe and welcoming space to be yourself

Let's laugh, learn, and grow together! Sign up now and bring your ADHD superpowers to the table. This is not a traditional group, and you won't have to share if you don't want to.

### Dates Offered:

January 9 • 11 a.m. to 1 p.m. (In-Person-Truro Office) / 6 p.m. to 8 p.m. (Virtual/Online)

January 30 • 11 a.m. to 1 p.m. (In-Person - Truro Office) / 6 p.m. to 8 p.m. (Virtual/Online)

February 20 • 11 a.m. to 1 p.m. (In-Person - Truro Office) / 6 p.m. to 8 p.m. (Virtual/Online)

\*Registration for program closes 24hrs before start\*

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# Programs for Self-Management

## Growth Mindset Navigator

### Unlock Your Potential: Growth Mindset Program

Are you ready to transform the way you think about challenges, setbacks, and success? Join our 4-Week Growth Mindset Program, designed to help you develop resilience, embrace learning, and achieve your goals with confidence.

### What You'll Gain:

- Tools to reframe challenges as opportunities
- Strategies to overcome self-doubt and fear of failure
- A supportive group environment to explore and grow
- Personalized steps to build a mindset that empowers you

### Program Overview:

Week 1: Understanding the Growth Mindset

Week 2: Breaking Free from Limiting Beliefs

Week 3: Cultivating Resilience and Self-Compassion

Week 4: Turning Goals into Achievements

Let's grow together! Sign up today and take the first step toward a more positive, empowered you.

Dates Offered:

Wednesdays, February 5 to February 26 • 9:30 a.m. to 11:30 a.m.

In-Person (Truro Office) or Virtual/Online

\*Registration for program closes 24hrs before start\*

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# Programs for Self-Management

## Diabetes Management (4-week program)

Meet with our Pharmacist/Diabetes Educator to learn everything you need to know about type 2 Diabetes

### What you'll Gain

- Information from healthcare professionals who have worked in diabetes management for years
- Suggestions on lifestyle changes you can make today to have an impact on your overall health for the future
- Empowerment to take control of your health and be involved in decisions regarding your medical condition
- Hear from others living with diabetes and share experiences
- Explore the emotional side of living with a chronic medical condition

### Program Overview

- Week 1: What is Diabetes? Differentiate between type 1 and 2
- Week 2: Nutrition and lifestyle changes to manage diabetes
- Week 3: Blood glucose monitoring: How and when to check
- Week 4: Full review of medications to treat diabetes, including insulin

### Dates offered:

Bi-Weekly on Tuesdays, January 14 to February 25 • 10:30 a.m. to 11:30 a.m.  
In-Person (Truro Office) or Virtual/Online

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# Programs to Reduce Health Risks

## Smoking Cessation (4-week program)

Learn about coping skills to manage cravings, techniques to reduce the number of cigarettes you smoke and help you with your goal to quit, the various types of over the counter and prescription medications used to help reduce smoking and on-going support tailored to meet your individual needs via weekly touch points

### What you'll gain:

- Whether you're ready to quit smoking or just exploring your options, this judgment-free session offers resources, connects you to healthcare supports, and provides practical tips for long term success.

### What to expect:

- **Week 1** - What's your "why"?
- **Week 2** - The immediate and long-term benefits of quitting
- **Week 3** - Medications: Over the counter and prescription
- **Week 4** - Thinking ahead and planning for long term success

### Dates Offered:

Bi-Weekly on Tuesdays, January 14 to February 25 • 12:30 p.m. to 1:30 p.m.  
In-Person (Truro Office) or Virtual/Online

\*Registration for program closes 24hrs before start\*

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# Programs to Reduce Health Risks

## Pre-Diabetes (Monthly)

Our monthly Prediabetes program is intended to help you understand what it means when your blood sugars are above the normal range and explore common causes for elevated blood glucose.

Discover how you can make changes to your lifestyle today that could lead to living a healthier life for many years to come!

This program will run monthly and could be delivered by our dietitian, Pharmacist/Diabetes Educator, or both.

### Dates Offered:

#### **Dietitian and Occupational Therapist:**

Tuesday, January 21 • 9 a.m. to 11 a.m.

In Person (Truro Office) or Virtual/Online

\*Registration for program closes 24hrs before start\*

#### **Dietitian and Occupational Therapist:**

Tuesday, February 28 • 1:30 p.m. to 3:30 p.m.

In Person (Truro Office) or Virtual/Online

\*Registration for program closes 24hrs before start\*

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# Programs to Reduce Health Risks

## Falls Prevention

Meet with members of our team trained in falls prevention to conduct a comprehensive review of your current health status, assess your home environment for potential hazards, and provide recommendations for home equipment that can reduce your risk of falls. We will also offer guidance on exercises and strategies to improve balance and strength.

Together, we'll develop a personalized falls prevention plan, including lifestyle changes and support for managing any existing health conditions, to help reduce your overall risk of falling.

### Dates Offered:

Wednesday, January 22 • 12:30 p.m. to 2 p.m. / In-Person (Truro Office) or Virtual/Online  
Wednesday, February 19 • 12:30 p.m. to 2 p.m. / In-Person (Truro Office) or Virtual/Online

\*Registration for program closes 24hrs before start\*

## 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.

### Dates Offered:

Wednesday, January 22 • 2:30 p.m. to 4 p.m. / In-Person (Truro Office) or Virtual/Online  
Wednesday, February 19 • 2:30 p.m. to 4 p.m. / In-Person (Truro Office) or Virtual/Online

\*Registration for program closes 24hrs before start\*

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# Programs to Reduce Health Risks

## Walking Groups

Do you find it challenging to incorporate routine exercise into your daily schedule? You are not alone! Visit us at the Rath Eastlink Center and join one of our walking groups!

We will plan to offer this indoors during the winter months with the goal of moving outside in the spring and summer. Drop in any time during the hour and connect with a community of people working towards a common goal of increased movement, improved health and a positive mindset!

### Dates Offered:

Wednesdays, starting January 8 • 9 a.m. to 10 a.m.

Location: Rath Eastlink Community Center

Bi-Weekly on Tuesdays, starting January 14 • 9 a.m. to 10 a.m.

Location: Rath Eastlink Community Center

**To Sign-Up: Call 782-370-0424 or Email [NZHWT@nshealth.ca](mailto:NZHWT@nshealth.ca)**



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# Programs to Reduce Health Risks

## Home Visits- By appointment

Book an appointment for a home visit and assessment by our Occupational Therapist and Pharmacist.

### What to expect from the Occupational Therapy Assessment:

- Gather medical history, previous level of mobility, any history of falls.
- Gather information on the individual's routine, including cooking, bathing, dressing, and mobility challenges.
- Assess your home environment for potential falls risks and observe how you interact with your home environment. The OT may make suggestions on how to complete activities
- more safely or provide suggestions on furniture arrangements or home modifications to increase safety, or the OT may recommend equipment to keep you safe at home. The OT may also offer strategies for family members to assist the individual with daily tasks while minimizing the risk of injury.
- Goals: You and the OT will create specific goals to get you back to what is important to you as safely as possible, and reducing the risk of falls

### What to expect from the Pharmacist Assessment:

- Thorough review of medications, exploring the indication for each medication, assessing appropriateness of dosage and learning about each medication you take, including over-the-counter medications
- An up-to-date medication list to keep on hand for appointments
- Safe disposal of any expired medications
- Explore interventions to assist with compliance, such as blister packages
- Review of medical conditions, goals for treatment, and opportunity to ask any medication-related questions!

To book a home visit: call 782-370-0424 or Email [NZHWT@nshealth.ca](mailto:NZHWT@nshealth.ca)



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# Programs for Healthy Eating

## Healthy Eating 101

Not sure where to start with healthy eating? This program gets back to basics, offering simple and practical guidance to help you make balanced and nourishing food choices.

Dates Offered:

Friday, January 10 • 9 a.m. to 10:30 a.m. / In-Person (Truro Office) or Virtual/Online

Wednesday, February 5 • 1:30 p.m. to 3 p.m. / In-Person (Truro Office) or Virtual/Online

\*Registration for program closes 24hrs before start\*

**To Sign-Up: Call 782-370-0424 or Email [NZHWT@nshealth.ca](mailto:NZHWT@nshealth.ca)**

## Beginners Guide to Plant Based Eating

This program is for anyone interested in eating more plant-based foods but is unsure where to start. Learn how to get the benefits of plant-based eating in a simple and cost-effective way without eliminating other foods you enjoy.

Dates Offered:

Wednesday, January 8 • 1:30 p.m. to 3 p.m. / In-Person (Truro Office) or Virtual/Online

Thursday, February 6 • 9 a.m. to 10:30 a.m. / In-Person (Truro Office) or Virtual/Online

\*Registration for program closes 24hrs before start\*

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# Programs for Healthy Eating

## 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.

Dates Offered:

Wednesday, January 9 • 2:30 p.m. to 4 p.m. / In-Person (Truro Office) or Virtual/Online

Thursday, February 7 • 9 a.m. to 10:30 a.m. / In-Person (Truro Office) or Virtual/Online

\*Registration for program closes 24hrs before start\*

**To Sign-Up: Call 782-370-0424 or Email [NZHWT@nshealth.ca](mailto:NZHWT@nshealth.ca)**

## 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.

Dates Offered:

Wednesdays, January 22 to January 29 • 8 a.m. to 9:30 a.m. (Virtual Only)

Tuesdays, February 18 to February 25 • 8 a.m. to 9:30 a.m. (Virtual Only)

\*Registration for program closes 24hrs before start\*

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# Programs for Healthy Eating

## Understanding Food Labels

Learn how to read food labels, understand the numbers, and focus on the nutrients that matter for your health goals. Practice with real food examples and build confidence in making informed choice.

Dates Offered:

Wednesday, January 21 • 1 p.m. to 2:30 p.m. / In-Person (Truro Office) or Virtual/Online

Wednesday, February 18 • 2:30 p.m. to 4 p.m. / In-Person (Truro Office) or Virtual/Online

\*Registration for program closes 24hrs before start\*

**To Sign-Up: Call 782-370-0424 or Email [NZHWT@nshealth.ca](mailto:NZHWT@nshealth.ca)**

## Meal Planning and Recipe Inspiration

Meal planning can seem intimidating, and it can be hard to know where to start. Learn about the foundations for successful meal planning and leave with a plan that is flexible and realistic for you. You will receive a worksheet to help make a meal plan and a recipe booklet to start you on your journey.

Dates Offered:

Thursday, January 23 • 11:30 a.m. to 1 p.m. / In-Person (Truro Office) or Virtual/Online

Thursday, February 20 • 8 a.m. to 9:30 a.m. (Virtual Only)

\*Registration for program closes 24hrs before start\*

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# Programs for Healthy Eating

## First Bites: Raising a Happy Eater (4-week program)

This workshop focuses on providing guidance to parents on how to introduce solids to their infants using a baby led weaning approach, which encourages self-feeding, allowing babies to explore different textures and flavors at their own pace.

Dates Offered:

Thursdays, January 9 to January 30 • 8 a.m. to 9:30 a.m. (Virtual Only)

Thursdays, February 6 to February 27 • 1:30 p.m. to 3 p.m.

In-Person (Truro Office) or Virtual/Online

\*Registration for program closes 24hrs before start\*

**To Sign-Up: Call 782-370-0424 or Email [NZHWT@nshealth.ca](mailto:NZHWT@nshealth.ca)**

## Debunking Nutrition Myths

Confused by conflicting nutrition advice? In the "Debunking Nutrition Myths" program, we tackle common misconceptions and provide evidence-based answers to your burning nutrition questions. From understanding carbs and fats to the truth about superfoods and detox diets, we'll explore the science behind popular claims and help you make informed food choices.

Dates Offered:

Friday, January 24 • 9:30 a.m. to 11 a.m. / In-Person (Truro Office) or Virtual/Online

Tuesday, February 18 • 11:30 a.m. to 1 p.m. / In-Person (Truro Office) or Virtual/Online

\*Registration for program closes 24hrs before start\*

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# Programs for Mental Wellness

## Adverse Childhood Experiences (ACES) Introduction

Childhood is an important time in brain and social development and certain experiences can impact a child's wellbeing into adulthood. This course will briefly describe what ACES are, how they impact the brain and what it could mean for adults.

Dates Offered:

Wednesday, January 15 • 1:30 p.m. to 3 p.m. / In-Person (Truro Office) or Virtual/Online

Wednesday, February 12 • 1:30 p.m. to 3 p.m. / In-Person (Truro Office) or Virtual/Online

\*Registration for program closes 24hrs before start\*

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## How Do I Get Connected to Your Services?



**782-370-0424**



**Email [NZHWT@nshealth.ca](mailto:NZHWT@nshealth.ca)**



**<https://www.nshealth.ca/clinics-programs-and-services/northern-zone-mobile-health-and-wellness-team-0>**



**Located at 640 Prince Street, Unit 204 for appointments and programming.**

**We would be happy to discuss our programs and help you sign up!**



**For more information about our services and team calendar, scan the QR Code!**

