



In PARTNERSHIP with



Community Health Teams

March 2024 FREE Wellness Programs

Programs open to residents of the greater Halifax area 18 years of age or older. For more information and to register, visit www.CommunityHealthTeams.ca

FREE MARCH IN-PERSON WELLNESS PROGRAMS

Building Better Sleep

Your Heart Matters

Food and Mood

Mindful Movement

Move More for Better Health

Time Management and Well Being

Self-Compassion Series

Ideas Into Action. Small Steps, Big Success

Explore the Mediterranean Diet

Healthy Eating 101

Be Good to Your Gut

Ready, Set Move

Stretching and Balance

Introduction to Self-Compassion

Incredible Years Preschool

FREE MARCH ONLINE WELLNESS PROGRAMS

- Understand Pain
- Introduction to Beyond Weight
- Beginners Guide to Plant-Based Eating
- Discover Your Strengths
- Incredible Years School Age
- Mental Health First Aid – Adults Interacting with Youth



www.CommunityHealthTeams.ca 902-460-4560