



Wellness Connection Nutrition Month



OUR MISSION

WE ARE COMMITTED TO SUPPORTING AND WORKING WITH MUNICIPALITIES TO ENSURE THEY HAVE THE RESOURCES AVAILABLE TO HELP THEIR EMPLOYEES AND ELECTED OFFICIALS THRIVE IN THEIR WELLNESS JOURNEYS AND ACHIEVE THEIR PERSONAL HEALTH GOALS.

OUR VISION

STRIVING FOR A HEALTHY WORKPLACE ENVIRONMENT WITH ENGAGED EMPLOYEES AND ELECTED OFFICIALS.

PROGRAM RELAUNCH

AMANS is thrilled to announce that the Municipal Wellness Program has officially relaunched with renewed energy and focus. Over the past few months, we've taken the time to reflect on how this program can best support municipal employees and elected officials across Nova Scotia.

As we move forward, the program will continue to offer insightful workshops, webinars and sessions, wellness recourses, and exciting funding opportunities that continue to promote wellness within your municipal unit.

The Municipal Wellness Program is now coordinated by **Sam Pellerin**, *Administrative Support* and **Rebecca Toole**, *Manager of Professional Development and Education*. We truly look forward to connecting with municipalities, their staff and elected officials to help support workplace wellness plans and goals.

Please feel free to reach out to us with any questions related to the Wellness Program or our offerings (contact info below).



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MARCH MARKS NUTRITION MONTH IN CANADA



It's a time to reflect on how balanced eating habits help to support your long-term health.

Starting this month, we are pleased to offer a **FREE** Nutrition Focus Webinar Series as part of this national initiative.

NUTRITION FOCUS WEBINAR SERIES

Healthy eating doesn't have to be complicated. This four-part series offers practical guidance on eating well on a budget, preparing balanced meals efficiently, building a positive relationship with food, and understanding how nutrition impacts long-term health.

- **Session 1** (March 26): Maximizing Your Food Budget
- **Session 2** (April 2): From Dining out to Dining in: Secrets to Craft Nutrient-Dense Meals in Minutes
- **Session 3** (April 9): Mindful Eating: A Path to Nourishment and Positive Body Image
- **Session 4** (April 16): My Health First: Spotlight on Longevity

All sessions are scheduled from **1:00 PM – 2:00 PM**.

Facilitator: Fay Ibrahim R.D, Registered Dietitian - TeamNutrition



For registration & additional information: [Click Here](#)

INTRODUCING THE MUNICIPAL HIGHLIGHT

We want to hear from you! As an ongoing feature in our quarterly Wellness Connection newsletter, we invite municipal units to share their wellness initiatives, activities or successes happening within their organization.

Each issue, we will highlight one municipal unit's wellness story to inspire others and showcase the positive impact of workplace wellness across Nova Scotia municipalities.

To submit your municipal highlight, please complete the form linked below.

A Wellness Coordinator will follow up once your submission has been received.

Municipal Highlight submission form: [Click Here](#)

WHAT'S UP NEXT?

With the relaunch of the Municipal Wellness Program underway, planning is already in motion!

Click the link below to see what's up ahead this spring

Spring 2026 Calendar: [Click Here](#)



HELP US BUILD THE MUNICIPAL WELLNESS COOKBOOK

We're excited to announce a new Wellness Program initiative – the development of a Municipal Wellness Program Cookbook!

We're inviting municipal employees and elected officials to share their favourite healthy recipes for breakfast, lunch, dinner, or snacks. Whether it's a quick weekday meal, a meal-prep favourite, or a go-to healthy treat, we want to showcase your favourites!



Submitted recipes will be compiled into a Municipal Wellness Program Cookbook that will be available to municipalities this year.

As a thank you for participating, everyone who submits a recipe will be entered into a draw to win one of two \$100 Sobeys gift cards.

Submission Details

To submit your recipe, please complete the form linked below.

Recipe Submission form: [Click Here](#)

When submitting your recipe, we encourage you to send a photo of your finished dish to spellerin@amans.ca to help bring the cookbook to life.

Submissions will be accepted until **April 30**.

We look forward to sharing the delicious and nutritious choices happening in municipal kitchens across the province!

APPLICATIONS OPEN - 2026-2027 MUNICIPAL WELLNESS GRANT

This funding opportunity is designed to support innovative and impactful workplace wellness initiatives for municipal employees and elected officials.

Whether you're building on an existing program or launching something new, the Wellness Grant can help bring your ideas to life.

Eligibility

To be eligible for the 2026-2027 Municipal Wellness Grant Program, your municipal unit must be a subscriber to the NSFM Benefits Program. If you are unsure of eligibility, please contact spellerin@amans.ca.

How to Apply

To apply, please complete the online application form using the link below.

Municipal Wellness Grant Application Form: [Click Here](#)

All applications must be completed and submitted by **March 31, 2026, at 5:00 PM**. Submissions received after this date will not be accepted.

We encourage applicants to review the [FAQ document](#) before submitting their application.

For additional questions, please contact a Program Coordinator for assistance.



NOVA SCOTIA WALK DAY - MAY 13, 2026

NS Walk Day, hosted by Hike Nova Scotia, is an annual opportunity to get outside, get moving, and promote physical activity in your workplaces.

This year, NS Walk Day is being held on **May 13, 2026**.

Hike NS will be hosting a virtual Walk Day Leader training session on **March 24, 2026**.

Be sure to register by **March 20, 2026** to attend. Registration details below.



NSWalks at work
WALK LEADER TRAINING

Free live on-line training!

Tuesday, March 24, 2026
1:30 - 3:30 p.m.

Register by visiting
nswalks.ca or emailing
walk@hikenovascotia.ca



Municipality of Shelburne Staff Walk

Please register by March 20th!

