



Taking Charge

A Holistic Approach to Mental Wellness

Are You Interested in Volunteering in Your Community?

Colchester East Hants Health Authority is looking for volunteers to facilitate a new program in your area!

We are looking for volunteers to facilitate 3 "Taking Charge" program components:

Program components	Delivered by
Stress: What is stress and healthy coping strategies	2 trained volunteers
Nutrition: healthy /mindful eating – food and mood	2 trained volunteers
Exercise and sleep : impact on mental health	2 trained volunteers

Volunteers will be fully trained to facilitate the program through the Colchester East Hants Health Authority

For more information, please contact:

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