



## Wellness Connection



### 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.

## SEPTEMBER – WELLNESS IN ACTION



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## IMPORTANT MUNICIPAL WELLNESS PROGRAM UPDATE

As of November 30, 2026, the Municipal Wellness Program will cease being offered through AMANS.

The decision to end AMANS's role as the administrator and deliverer of the program was made by the NSFM Board of Directors after it concluded an internal review. As of December 1, 2026, NSFM will assume full responsibility for the administration and delivery of the Program. If subscribers have any programming related questions please contact AMANS staff. NSFM has committed to a coordinated transition of the program. AMANS staff will communicate updates as the transition moves forward. AMANS members and CAOs have all received a letter making them aware of this change.

## CONGRATULATIONS TO OUR AUGUST WELLNESS BINGO WINNERS!

Throughout August, we partnered with our Municipal Wellness Champions to bring the Wellness Bingo Challenge to employees across participating municipalities. A big thank you to our Wellness Champions for helping share and promote the challenge, and to everyone who participated!

### Congratulations to our Lucky Winners!



**GINA MARKIE**

Town of Stellarton



**URSULA MELSKI**

Victoria County



**JONATHAN BERTRAM**

Municipality of Chester



**MORGAN MACINNIS**

Victoria County



Each winner will receive a Municipal Wellness Program engraved **YETI** tumbler!



### WANT ANOTHER CHANCE TO WIN? ●●●●●●●●

Wellness Bingo is back for the month of September with more **YETIs** up for grabs!



See **page 4** for more details and to download the September Bingo card

## UPCOMING WELLNESS WEBINARS

### MEDAVIE BLUE CROSS – EMPLOYEE RESOURCES OVERVIEW

#### INFO SESSION

**Date:** Thursday, September 10, 2026

**Time:** 10:00 AM – 10:45 AM

**Platform:** Teams



Whether you are new to the plan or have been enrolled for years, this session is a great opportunity to learn more about your benefits and ensure you are getting the most value from your coverage. During this session, we will review the member services site and the mobile app, highlight the many value-added services and wellness resources available to plan members and their families, as well as hold a Q&A at the end.

We encourage all employees to attend and take advantage of this informative session.

**Facilitators:** **Brad Wilson**, Senior Consultant – HUB International & **Melanie Bourque**, Account Associate Client Services – Medavie Blue Cross

[REGISTER HERE](#)

[SUBMIT QUESTIONS IN ADVANCE](#)

### UNDERSTANDING YOUR TELUS HEALTH EMPLOYEE ASSISTANCE PROGRAM

#### INFO SESSION

**Date:** Tuesday, November 17, 2026

**Time:** 9:00 AM – 10:00 AM

**Platform:** Teams



While we often have the skills to manage our daily lives, unexpected challenges may arise that require additional support. Do you know what your Employee Assistance Program (EAP) covers and how to access its services? This webinar will provide an overview of EAP offerings, programs and services, including a live demonstration of the TELUS Health website and app.

**Facilitator:** Kerri Farrell, Senior Customer Success Manager – TELUS Health

[REGISTER HERE](#)

[DOWNLOAD THE TELUS HEALTH ONE APP](#)

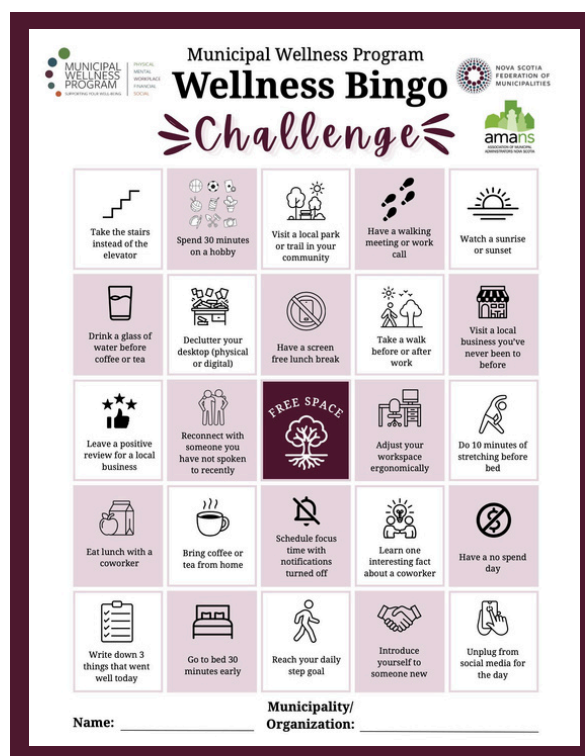


## THE WELLNESS BINGO CHALLENGE IS BACK!

September can be a busy time of year. With back-to-school season, meetings ramping up, conferences, and fuller calendars, it can be easy to lose focus on our own well-being.

After a great response to the Municipal Wellness Bingo Challenge we ran with our Wellness Champions and their municipalities in August, we've decided to bring it back for September with new challenge squares added! Thank you to everyone who participated and helped make the first challenge such a success.

This challenge is a simple way to encourage small activities that support your well-being, both at work and at home.



The image shows a 'Wellness Bingo Challenge' card from the Municipal Wellness Program. It features a 5x5 grid of 25 squares, each with an icon and a challenge. The central square (row 3, column 3) is a dark purple square with a white tree icon and the text 'FREE SPACE'. The other squares are light purple with white icons and text. The challenges are: Row 1: Take the stairs instead of the elevator, Spend 30 minutes on a hobby, Visit a local park or trail in your community, Have a walking meeting or work call, Watch a sunrise or sunset. Row 2: Drink a glass of water before coffee or tea, Declutter your desktop (physical or digital), Have a screen free lunch break, Take a walk before or after work, Visit a local business you've never been to before. Row 3: Leave a positive review for a local business, Reconnect with someone you have not spoken to recently, FREE SPACE, Adjust your workspace ergonomically, Do 10 minutes of stretching before bed. Row 4: Eat lunch with a coworker, Bring coffee or tea from home, Schedule focus time with notifications turned off, Learn one interesting fact about a coworker, Have a no spend day. Row 5: Write down 3 things that went well today, Go to bed 30 minutes early, Reach your daily step goal, Introduce yourself to someone new, Unplug from social media for the day. At the bottom, there are fields for 'Name:' and 'Municipality/Organization:'.

|                                              |                                                        |                                                   |                                             |                                                    |
|----------------------------------------------|--------------------------------------------------------|---------------------------------------------------|---------------------------------------------|----------------------------------------------------|
| Take the stairs instead of the elevator      | Spend 30 minutes on a hobby                            | Visit a local park or trail in your community     | Have a walking meeting or work call         | Watch a sunrise or sunset                          |
| Drink a glass of water before coffee or tea  | Declutter your desktop (physical or digital)           | Have a screen free lunch break                    | Take a walk before or after work            | Visit a local business you've never been to before |
| Leave a positive review for a local business | Reconnect with someone you have not spoken to recently | FREE SPACE                                        | Adjust your workspace ergonomically         | Do 10 minutes of stretching before bed             |
| Eat lunch with a coworker                    | Bring coffee or tea from home                          | Schedule focus time with notifications turned off | Learn one interesting fact about a coworker | Have a no spend day                                |
| Write down 3 things that went well today     | Go to bed 30 minutes early                             | Reach your daily step goal                        | Introduce yourself to someone new           | Unplug from social media for the day               |

Name: \_\_\_\_\_ Municipality/Organization: \_\_\_\_\_

## Complete Your Card For a Chance to Win!

Submit your completed bingo card to [spellerin@amans.ca](mailto:spellerin@amans.ca) to be entered to win 1 of 4 Municipal Wellness Program engraved YETI tumblers.

**Challenge Dates:** September 8, 2026 – September 30, 2026

Bingo card, full instructions and submission details linked below:

[DOWNLOAD THE WELLNESS BINGO CARD & INSTRUCTIONS](#)

## WELLNESS GRANT RECIPIENT SUCCESS STORIES

Our Wellness Grant recipients have been busy putting their wellness plans into action! From new initiatives to activities that bring employees together, municipalities are finding creative ways to support workplace wellness.

We're excited to highlight some of the great things happening across the province and share how municipalities are using their Wellness Grant funding to make a difference in their workplaces.

### MUNICIPALITY OF THE DISTRICT OF EAST HANTS

#### Wellness Series



The Municipality of East Hants used its Wellness Grant funding this year to provide staff and their families with summer season passes to the Shubenacadie Wildlife Park. The popular initiative sold out for the second year in a row and gives employees an opportunity to get outside, spend time with family, and enjoy an active summer outing.



The Municipality has also continued to support workplace wellness through initiatives of its own. This spring, approximately 25 employees participated in a Sow and Grow event, where staff were provided with materials to plant flowers and vegetables and could take their planted trays home. Healthy snacks were also provided for participants.

Together, these initiatives are providing employees with opportunities to get outdoors, try something new, and incorporate wellness into both their work and home lives.

## MUNICIPAL JOINT SERVICES BOARD (MJSB) Employee Wellness Garden Project



The Municipal Joint Services Board used its Wellness Grant funding to create an Employee Wellness Garden, providing employees with an outdoor space to connect, unwind, and support their well-being.

Ten employees have participated in planting, weeding, and caring for the garden, which has already produced its first harvest of kale, squash, radishes, beans, and some impressive zucchinis!



The project also includes a rain barrel system to support sustainability. Beyond the fresh produce, the garden gives employees a space to step away from their desks, spend time outdoors, and connect with colleagues.

## RICHMOND COUNTY

### Mental Wellness – Stronger Together: Supporting the People who Serve our Community



Richmond County has used its Wellness Grant funding to support employee well-being, connection, and engagement through a variety of workplace initiatives.

In June, employees took part in two Lunch and Learn sessions with Dr. Brittany Sampson, Naturopathic Doctor with The Yellow Rose & Co., focused on balanced meals and maintaining energy throughout the day. The sessions were offered across two locations to make it easier for employees from different worksites to participate.

The County has also continued monthly staff snacks and birthday cards, with an after-work movement break at a local golf simulator planned for the fall. Additional Lunch and Learn opportunities are also being explored for later in the year.



## KENTVILLE POLICE SERVICE Resilience & Wellness Program



Kentville Police Service has used its Wellness Grant funding to offer a variety of activities supporting physical, mental, emotional, financial, and social wellness.

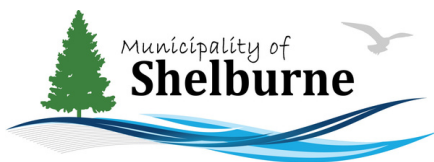
Members have taken part in activities including bowling, learn-to-curl, trivia, pickleball, a barbecue and lawn games, and most recently, a cornhole tournament and sundae bar. The program will continue with mental health presentations, a fitness challenge, and its annual gingerbread decorating competition.

The program has been a great success, with members reporting stronger connections, improved morale, reduced stress, and a more positive workplace.



***"I've noticed an increase in morale. I've also noted that as a result of these events, people are connecting outside of work hours for other activities related to wellness as well on their own time." - KPS Staff***

## MUNICIPALITY OF THE DISTRICT OF SHELburne Wellness Wednesdays



The Municipality of the District of Shelburne used its Wellness Grant funding to support Wellness Wednesdays – Expand Your Experience, including a Summer Bucket List Challenge that encouraged employees to get active, try something new, and enjoy their community throughout August.



## MORE FROM THE MUNICIPAL WELLNESS COOKBOOK

We're continuing the Wellness Cookbook inspiration with two more recipes to try! Whether you're looking to switch up your usual routine or find a new favourite, we hope these recipes bring a little inspiration to your kitchen.

### CUSTOMIZABLE EGG BITES

*These protein-packed egg bites are an easy, make-ahead breakfast that's perfect for busy mornings. Customize them with your favourite add-ins for a quick and satisfying grab-and-go option.*

**Prep Time:** 10 Minutes  
**Servings:** 12

**Cook Time:** 25 Minutes  
**Temperature:** 350°F

Gluten Free  
High Protein

#### INGREDIENTS

- Cooking Spray
- 8 Large Eggs
- 1 Cup Cottage Cheese
- ½ Cup Shredded Cheese
- Pinch of Salt & Pepper
- Fresh chives, Chopped (Optional)
- Any Additional Mix Ins (Bacon Bits, Chopped Peppers, Spinach, etc.)



#### INSTRUCTIONS

**Meal Prep Tip:** Egg bites can be stored in the fridge for up to a week making this an ideal breakfast on the go!

1. Preheat oven to 350°F and mist a silicone muffin tray with cooking spray.
2. Blend eggs, cottage cheese, shredded cheese, salt and pepper in a blender until smooth.
3. Pour egg mixture into greased muffin tray. Fill each about half full.
4. Sprinkle each egg bite with chives and any other desired add ins.
5. Bake for 20-22 minutes or until centre of egg bites are firm.
6. Let egg bites cool in muffin tray for a few minutes before removing.



## BAKED FETA PASTA

*Creamy, flavourful, and incredibly easy to make, this baked feta pasta combines roasted cherry tomatoes, tangy feta, garlic, and herbs to create a simple sauce that comes together right in the baking dish. It's an easy option for a satisfying weeknight meal with minimal prep.*

**Prep Time:** 10 Minutes  
**Servings:** 4

**Cook Time:** 45 Minutes  
**Temperature:** 400°F

Vegetarian

### INGREDIENTS

- 2 Pints, Cherry Tomatoes
- 1 Shallot, Quartered
- 3 Garlic Cloves, Smashed
- 3 Thyme Sprigs
- ½ Cup Extra-Virgin Olive Oil
- Pinch of Salt & Crushed Red Pepper Flakes
- 1 Feta Block
- 12 oz Dry Pasta (Short Length Pasta)
- Lemon Zest and Basil (Optional)



### INSTRUCTIONS

**Meal Prep Tip:** This dish can be stored in the fridge for 3-4 days making it a great meal prep option for lunches throughout the week!

1. Preheat oven to 400°F.
2. Create your sauce mixture in a large ovenproof skillet or baking dish. Combine and toss shallot, tomatoes, garlic, salt, red pepper flakes and all but 1 TBSP of olive oil.
3. Place block of feta in the centre of the dish and drizzle the remaining olive oil on top. Scatter thyme sprigs on the sauce mixture.
4. Bake sauce mixture for 40-45 minutes or until the tomatoes are bursting and feta becomes golden.
5. While you bake your sauce, cook pasta in salted water. Set aside ½ cup of pasta water before fully draining.
6. When the sauce is cooked, add the pasta, reserved pasta water, and lemon zest to the sauce and mix to combine. Top with basil and enjoy!