



**Alberta Health
Services**

**CROSS-CANADA
RENAL FITNESS CHALLENGE**
Places & Faces

Halifax, Nova Scotia

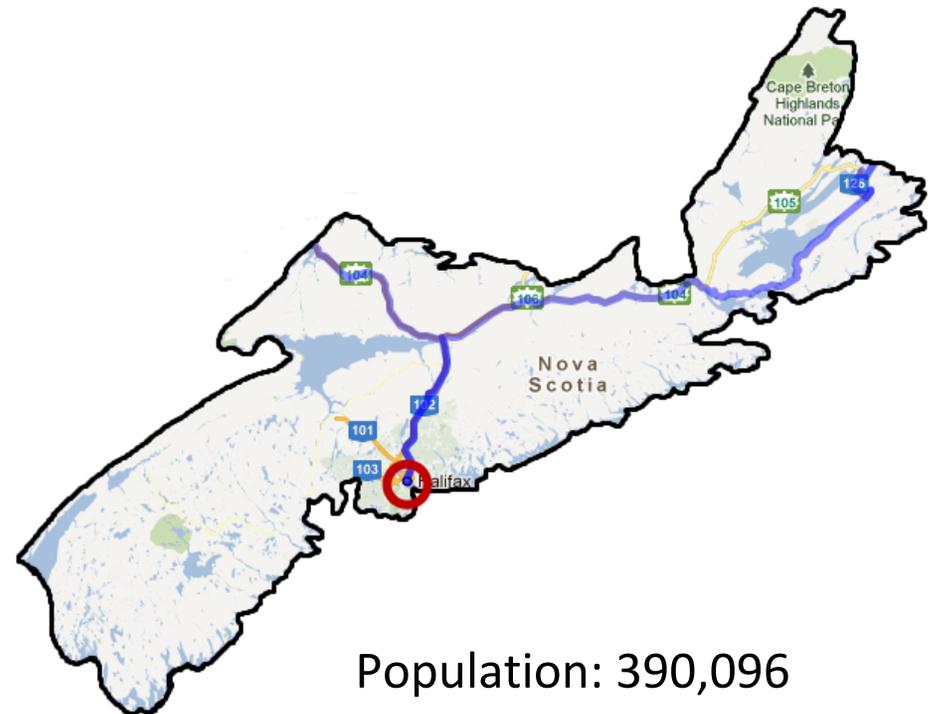
Halifax is the capital of Nova Scotia and the biggest city in Atlantic Canada. It was established in 1749 as a British colonial capital, and was named after the Earl of Halifax. The founding of the city started a war between British forces and local Mi'kmaq natives and French-Acadian residents. The war lasted for six years until the British won and established firm control over the region.

The city is home to a world-class port and naval base, which had global importance during the First and Second World Wars.

Officially there is no longer a city named Halifax. In 1995, Halifax joined with its surrounding suburbs to create the Halifax Regional Municipality, referred to as the HRM. The official city of Halifax no longer exists, but people still call it Halifax out of habit.

Halifax is the birthplace of NHL superstar Sidney Crosby, singer Sarah McLachlan, and actress Ellen Page.

A native of Halifax is referred to as a "Haligonian".



Population: 390,096