

# BRIDGES COMMUNITY HEALTH CENTRE

## Community Programs April 2024

*All programs are free and open to everyone in the community.*

### **HOT TOPICS: COPING WITH CHRONIC ILLNESS**

**Fort Erie Site**

**Thursday, April 11th, 2:00-3:00 p.m.**

Join Bridges CHC staff to learn how to manage and cope while living with a chronic illness. It will be a safe space to ask questions and share experiences living with a chronic illness.

### **HOT TOPICS: JEOPARDY**

**Port Colborne/Wainfleet Site**

**Tuesday, April 23rd, 2:00-3:00 p.m.**

Join us for a fun game to test your knowledge about managing overall health and chronic illness.

### **LET'S GET COOKING**

**Thursday, April 18th, 10:00-11:30 a.m. Port Colborne/Wainfleet Site**

Join us to learn to cook nutritious, low-cost and tasty foods with our dietitians.

### **COOK DINNER WITH ME ONLINE- FOR UNDER \$10**

**Wednesday, April 10th, 5:00-6:00 p.m.**

Join Registered Dietitian, Christina, in an online session over dinner time to learn tips and strategies to cope with the rising costs of food and to cook alongside her as she prepares a healthy, family sized meal under \$10.

### **THE GOOD FOOD BOX: SM \$22, LRG \$26**

**Order by April 11th. Pick up is April 18th.**

The Good Food Box aims to improve the health of our communities by providing fresh and affordable produce purchased from local farmers and wholesalers. Orders are accepted online or for cash orders, in person at both Bridges CHC sites. For more information or to order online visit: [linksforgreenerlearning.org/programs/good-food-box-pop-up-market](https://linksforgreenerlearning.org/programs/good-food-box-pop-up-market)

### **HEALTHY HABITS**

**Port Colborne/Wainfleet Site**

**Wednesdays, 3:00-4:00 p.m. April 17th, April 24th, May 1st, May 8th.**

Join this group setting, supported by Bridges CHC Social Worker and Psychotherapist. A 4 week session has been designed to help build habits that work for you rather than against you.

### **MOBILE CANCER SCREENING COACH**

The bus is at Bridges CHC sites from 9:00 a.m.-3:00 p.m.  
All appointments MUST be pre-booked, call 1-855-338-3131.

**Fort Erie site: April 10th, 11th, 16th.**

**Port Colborne/Wainfleet Site: April 17th.**



### **QUIT SMOKING**



Create your quit plan today!  
Eligible participants can receive up to six months of free nicotine replacement therapy.

**For more information or to register for a program contact [info@bridgeschc.ca](mailto:info@bridgeschc.ca),  
Fort Erie: 905-871-7621 ext. 0 or Port Colborne/Wainfleet: 289-479-5017 ext. 0**

Bridges CHC Fort Erie Site  
1485 Garrison Road, Fort Erie ON L2A 1P8

Bridges CHC Port Colborne/Wainfleet Site  
380 Elm Street, Port Colborne ON L3K 4P2

[www.bridgeschc.ca](http://www.bridgeschc.ca)

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### EXERCISE CLASSES

Fort Erie (@ Fort Erie Native Friendship Centre)		Port Colborne/Wainfleet	
Monday	10:00 a.m.: Back To Basics	Monday	10:00 a.m.: Mindful Movements
Tuesday		Tuesday	10:00 a.m.: Gentle Fit 1:00 p.m.: Gentle Fit *starts March 5th
Wednesday	10:00 a.m.: Gentle Fit	Wednesday	1:30 p.m.: Fun Drum
Thursday		Thursday	9:00 a.m.: Back To Basics
Friday	10:00 a.m.: Fun Drum	Friday	

### RECIPE OF THE MONTH: GRILLED TOFU AND BOK CHOY

**Yield: 4 Total time: 30 mins**

*This Grilled Tofu and Bok Choy dish is a great source of protein, calcium, and healthy fats, as well as a great addition to your weekly menu. Protein will keep you satiated or full; calcium will help you keep your bones strong; and healthy fats will protect your heart.*



#### Instructions:

1. Slice tofu into 4 equal pieces. Dice into small cubes and place in a bowl. Toss with 1 tbsp of the soy sauce, orange juice and 1/2 tsp of the sesame oil.
2. Spray grilling basket with cooking spray and heat up on grill over medium high heat. Add tofu and grill, tossing or shaking occasionally for about 10 minutes or until golden. Return to bowl.
3. Return grill basket to grill. Add Bok choy, carrot, garlic, ginger and remaining oil. Toss frequently for about 5 minutes or until Bok choy starts to wilt. Return tofu to basket and toss to combine. Remove from heat and toss with remaining soy sauce to serve.

#### Ingredients:

- 1 pkg extra firm tofu, drained and patted dry
- 2 tbsp sodium reduced soy sauce
- 1 tbsp orange juice
- 1 ½ tsp sesame oil
- 8 cups coarsely chopped baby Bok choy
- 1 large carrot, sliced
- 1 large clove garlic, rasped
- 2 tsp minced fresh ginger

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