

Bridges Community Health Centre March 2023 Newsletter



We want to see you at all ages and stages.
Book your or your child's annual wellness visit today!
Bridges CHC Port Colborne/Wainfleet Site: 289-479-5017
Bridges CHC Fort Erie Site: 905-871-7621



COOK DINNER WITH ME FOR UNDER \$10 Wednesday, March 8th, 5:00-6:00 p.m.

Join Registered Dietitian, Christina, in an online session and cook alongside her as she prepares a healthy, family sized meal under \$10. You will get a list of ingredients to have on hand and tips to address the rise in food prices.

For more information or to register, call 289-479-5017 ext 2430 or email christina.dupont@bridgeschc.ca.

HOT TOPICS PORT COLBORNE/WAINFLEET SITE: MANAGING YOUR EMOTIONS

Tuesday, March 28th, 1:30-2:30 p.m.

Join our psychotherapist, Anna Pett, to learn the importance of identifying emotions, not dismissing them and expressing them in healthy ways. Our dietitian Melissa will also share ways to manage emotional eating. For more information or to register, call 289-479-5017 ext 2421.

HOT TOPICS FORT ERIE SITE: DENTAL HYGIENE & PROGRAMS

Thursday, March 2nd, 1:30-2:30 p.m.

Guest speakers will discuss oral health and local dental health programs. For more information or to register, call Bridges CHC: 905-871-7621 ext 2234 or Lion's Douglas Heights Senior Centre: 905-871-7761.



The bus is at both 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: March 2nd and 28th.
Port Colborne/Wainfleet site: March 8th and 23rd.

LET'S GET COOKING

Learn to cook nutritious, low-cost and tasty foods. Registration is limited for both in person groups.

Port Colborne/Wainfleet Site:
Tuesday, March 21st
10:00-11:30 a.m.

For more information or to register, call 289-479-5017 ext 2421.

Fort Erie:
Wednesday, March 22nd
2:00-3:30 p.m.

Crystal Ridge Community Church, 241 Elmwood, Crystal Beach. For more information or to register, call 905-871-7621 ext 2234.

QUIT SMOKING

Create your quit plan today, eligible participants can receive free nicotine replacement therapy. Contact Ashley: 905-871-7621 ext. 2226 or ashley.chiarello@bridgeschc.ca



Small \$22,
Large \$26

Order by March 17th.
Pickup is March 24th.

For more info or to order visit:
linksforgreenerlearning.org/programs/food-box/

VOLUNTEER OPPORTUNITIES:

Community Support Services of Niagara is an organization that offers services to help seniors and adults with disabilities live independently in their own homes. They are looking for volunteers. To learn more contact: Deanna Dittrick ddittrick@cssn.ca or 905-682-3800 ext 714

We want to hear from you! What types of programs would you like to see our health care providers offer? Send it to: info@bridgeschc.ca



EXERCISE CLASSES:

FORT ERIE SITE:

*Registration is required for all classes. Classes are held online. Please contact 905-871-7621 ext 2234 or info@bridgeschc.ca to register and receive the link.

Mondays 9:00 a.m.: Back To Basics / Mindful Movements. Classes will alternate weekly.

Tuesdays 9:00 a.m.: Fun Drum

Fridays 9:00 a.m.: Gentle Fit

PORT COLBORNE/WAINFLEET SITE:

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Mondays 9:00 a.m.: Mindful Movements

Tuesdays 9:00 a.m.: Gentle Fit

Thursdays 9:00 a.m.: Back To Basics

CHRISTINA'S SEASONAL RECIPE: GO GREEN SMOOTHIE

St. Patrick's Day means making green your chosen colour all month long, even when it comes to your food. This smoothie recipe is not only green, but is full of protein, fibre, and energy for your day. It can be used for on-the-go meals or breakfast! This easy recipe takes less than 10 minutes and all you need are your ingredients and a blender.

Ingredients:

- 1/4 cup Canadian ricotta
- 1 cup milk
- 1 tbsp honey
- 1 banana
- 2 cups frozen peaches or mangoes
- 1 cup spinach
- 1 tbsp ground flaxseed
- 2 tbsp almond butter

Instructions:

1. Add all ingredients to a blender and blend until smooth.
2. Pour into glasses and serve. Leftovers can be stored in the fridge up to 3 days.

Find recipe at:
<https://dairyfarmersofcanada.ca/en/canadian-goodness/recipes/go-green-smoothie>



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