

BRIDGES COMMUNITY HEALTH CENTRE

Community Programs June 2024

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

BRIDGES CHC IS ACCEPTING NEW PATIENTS

If you do not have a doctor or nurse practitioner and live in Fort Erie, Port Colborne, or Wainfleet, please call Health Care Connect at 811 or 1-800-445-1822 to begin the registration process with Bridges Community Health Centre.

HOT TOPICS: SUMMER POTLUCK

Fort Erie Site

Thursday, June 13th, 2:00-3:00 p.m.

Bring along your favourite potluck side dish and join Bridges CHC staff to learn how to curb food cravings and to treat hypoglycemia.

HOT TOPICS: WHAT'S THE HYPE WITH OZEMPIC?

Port Colborne/Wainfleet Site

Tuesday, June 25th, 2:00-3:00 p.m.

Learn about the benefits, risks, and side effects of using this diabetes medication. Does it have a place in weight management?

COOK DINNER WITH ME ONLINE

Wednesdays, June 12th and July 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 recent rising costs of food and to cook alongside her as she prepares an affordable, healthy, family sized meal. Register to receive the ingredient list, recipe and Zoom Link.

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

Order by June 13th. Pick up is June 20th.

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

LET'S GET COOKING

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

Wednesday, June 19th, 2:00-3:30 p.m. Crystal Ridge Community Church.

Thursday, June 20th, 10:00-11:30 a.m. Port Colborne/Wainfleet Site

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.

For dates, visit: <https://hnhbscreenforlife.ca/schedule/>

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,
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

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EXERCISE CLASSES

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

RECIPE OF THE MONTH: LENTIL BURRITOS

Yield: 6 Total time: 1 hr 5 mins

Did you know lentils are the oldest crop ever known to humankind? It is true! Like beans, lentils are a great source of plant protein and fibre. Whether you wrap up this lentil mixture in a tortilla or add it to a bed of lettuce, your meal will be taste great with a sprinkle of cheese, sour cream, and salsa on top. Find this and other recipes here: www.heartandstroke.ca



Ingredients:

- 1 ½ cups split red lentils
- 4 cups water
- 2 tsp canola oil
- 1 medium onion, diced
- 1 cup bell pepper, diced
- 2 large garlic cloves, minced
- 1 ½ tsp chili powder
- ½ tsp ground cumin
- 6 tbsp tomato paste
- 8 whole grain tortillas (6 inch)
- 8 tbsp fat-free sour cream
- 8 tbsp salsa
- 8 tbsp shredded low-fat cheese

Instructions:

1. Rinse and drain lentils. In saucepan, bring lentils to a boil in 3 cups of water, cover, and simmer 20 minutes. Slightly undercook. Drain if necessary.
2. In sauté pan, sauté onion, bell pepper, and garlic in canola oil, but do not brown. Add chili powder, cumin, cooked lentils, 1 cup water and tomato paste. Stir 2 minutes until mixture starts to thicken. Cover and cook another 5 minutes.
3. Lay tortilla flat and place 1/2 cup of lentil mix in centre and roll up. Top each burrito with 1 tbsp of sour cream, salsa and cheese.

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