

Programs & Events This Month

Free · Open to everyone in the community



Now accepting new patients at our Port Colborne site. If you don't have a doctor or nurse practitioner and live in Fort Erie, Port Colborne, or Wainfleet, please call to begin the registration process.



Friendsgiving

Learn about the importance of friendship and community for our mental and physical health.

Wednesday, October 7 - 2:00-3:00 PM

Fort Erie Site



Build Healthy Habits

Learn to reshape the way you view progress and gain tools to transform your habits.

Tuesday, October 20 - 1:30-3:00 PM

Port Colborne/Wainfleet Site



Roots and Strengths

Explore ways for personal growth while creating a plant to take home.

Tuesday, October 13 - 2:00-3:30 PM

Chestnut Place, Port Colborne



Wired to Wonder

Learn how your ADHD brain works – and how to work with it in a supportive space.

Tuesdays, Oct 13, 20, 27 - 6:00-7:30 PM

Fort Erie Public Library, Centennial Branch

QUIT SMOKING SUPPORT

Eligible participants can receive free nicotine replacement therapy. Call to get started.

MOBILE CANCER SCREENING

At Bridges CHC sites monthly.
Pre-book/dates/locations:
Call 1-855-338-3131

THE GOOD FOOD BOX

Small \$22 · Large \$26
Order by noon Thurs, Oct 15
Pick up Thurs, Oct. 22

*Coming
Soon!*

**Mindfulness: Finding Calm In a Busy Mind - Wednesday, November 4,
2:30-4:00 PM, Fort Erie site**

For more information or to register for a program:

Fort Erie 905-871-7621 ext. 0, Port Colborne/Wainfleet 289-479-5017 ext. 0 or info@bridgeschc.ca

EXERCISE CLASSES

PORT COLBORNE/WAINFLEET SITE

Monday — Mindful Movements, 2:00 PM

Tuesday — Gentle Fit, 9:00 & 10:15 AM

Wednesday — Fun Drum, 1:30 PM

Thursday — Back to Basics, 9:00 AM

Friday — Nordic Pole Walking, 9:00 AM

FORT ERIE NATIVE FRIENDSHIP CENTRE

Monday — Gentle Fit, 10:00 AM

Wednesday — Gentle Fit, 10:00 AM

Friday — Fun Drum, 10:00 AM



Let's Get Cooking

Cook nutritious, low-cost food with our dietitians.

Tuesday, October 20 - 2:00-4:00 PM

Gilmore Hub, Fort Erie

Thursday, October 22 - 10:00 AM-Noon

Port Colborne/Wainfleet Site



Cook Dinner With Me

An interactive cooking class from the comfort of home.

Wednesday, October 7 - 5:00-6:00 PM

Wednesday, November 4 - 5:00-6:00 PM

Online via Zoom — register for Zoom link

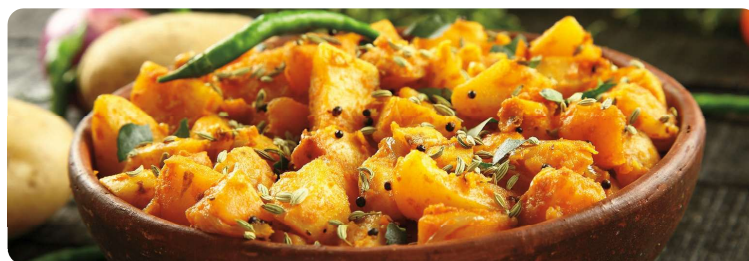
RECIPE OF THE MONTH

Sweet Potato Curry

A warm, comforting and simple dish with sweet potatoes and fragrant spices - perfect for cooler fall evenings.

Ingredients

- 2 Tbsp vegetable oil
- 1 tsp black mustard seeds
- 3 whole dried red chilies
- 4 fresh or dried curry (neen) leaves
- 1 onion, finely diced
- 2 cloves garlic, finely chopped
- 3 sweet potatoes, peeled, chopped into 1 inch
- ¼ cup fresh coriander, finely chopped
- salt to taste



Instructions

1. Heat oil over high heat in a high-sided saute pan.
2. Add mustard seeds, chilies and curry leaves and saute for 30 seconds.
3. Add onions and garlic, stir to combine, saute for five minutes.
4. Add sweet potatoes, stir to combine, reduce heat to medium and cook 20-30 minutes or until tender.
5. Sprinkle coriander on top and serve.