

BRIDGES COMMUNITY HEALTH CENTRE

Community Programs September 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 Bridges Community Health Centre Fort Erie: 905-871-7621, Port Colborne and Wainfleet 289-479-5017 or Health Care Connect 811 or 1-800-445-1822 to begin the registration process with Bridges Community Health Centre.

HOT TOPICS: NATURE WALK, TALK, & STRETCH

Fort Erie Site

Thursday, September 12th, 2:00-3:00 p.m.

Join us at Waverly Beach to practice grounding exercises, proper stretching, and to promote physical and mental health in nature.

HOT TOPICS: IMPROVING YOUR SLEEP

Port Colborne/Wainfleet Site

Tuesday, September 17th, 1:30-2:30 p.m.

Sufficient sleep heals our bodies and minds. Join our social worker and dietitian to learn various techniques and lifestyle changes that can improve the quality of your sleep including mindfulness, meditation and nutrition.

COOK DINNER WITH ME ONLINE

Wednesday, September 11th, 5:00-6:00 p.m.

Registered Dietitian, Christina, invites you to an online session to learn tips to help cope with the recent rising costs of food while cooking alongside her to prepare an affordable, healthy, family sized meal. Register to receive the ingredient list, recipe and Zoom Link.

YOUR MENTAL HEALTH MATTERS

stay tuned for upcoming workshops!

LET'S GET COOKING

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

***coming* Wednesday, October 23rd, 2:00-3:30 p.m. Crystal Ridge Community Church.**

Wednesday, September 25th, 10:00-11:30 a.m. Port Colborne/Wainfleet Site.

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

Order by September 12th. Pick up is September 19th.

The Good Food Box provides 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



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,
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EXERCISE CLASSES

Fort Erie (@ Fort Erie Native Friendship Centre)		Port Colborne/Wainfleet	
Monday	10:00 a.m.: Walking Program (meet at Crescent Road parking lot)	Monday	10:00 a.m.: Mindful Movements
Tuesday		Tuesday	10:00 a.m.: Gentle Fit
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	9:00 a.m.: Pole Walking

RECIPE OF THE MONTH: APPLE SANDWICHES

Servings: 4 Total time: 10 mins

These apple sandwiches are a delicious and nutritious snack, combining crisp apple slices with creamy almond or peanut butter and tangy Greek yogurt, all sprinkled with a touch of cinnamon. Customize with your favorite toppings like sliced almonds, dried fruit, or unsweetened coconut for a satisfying and wholesome treat.



Ingredients:

- 60 (¼ cup) natural almond or peanut butter or non-nut alternative
- 85 mL (⅓ cup) 0% plain Greek yogurt
- Sprinkle of cinnamon
- 2 apples, cored and thinly sliced horizontally

Optional toppings: sliced almonds, dried fruit, unsweetened shredded coconut, seeds

Instructions:

1. In a small bowl, combine nut or non-nut butter with Greek yogurt and cinnamon. Stir until combined.
2. On a clean cutting board, lay apple slices and spread about 10 mL (2 tsp) of yogurt/nut butter mix on each. Add toppings of choice!

Full recipe can be found here:

<https://food-guide.canada.ca/en/recipes/open-faced-applewiches/>

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