

BRIDGES COMMUNITY HEALTH CENTRE

Community Programs February 2024

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

HOT TOPICS: DENTAL PROGRAMS & DENTAL HEALTH

Fort Erie Site

Thursday, February 8th, 2:00-3:00 p.m.

Join us to review the Canadian Dental Care Plan (CDCP) and Ontario Seniors Dental Care Program (OSDCP). We will also discuss the importance of dental health and nutrition.

HOT TOPICS: DIABETES PATTERN MANAGEMENT

Port Colborne/Wainfleet Site

Wednesday, February 7th, 3:00-4:00 p.m.

Join us to learn more about why blood sugar seems to respond in particular ways when we least expect it.

HEALTHY EATING AS WE AGE

Thursday, February 29th, 1:00-2:00 p.m.

Join us at Douglas Heights Seniors Centre to learn about eating habits and choices that support healthy aging.

THE GOOD FOOD BOX Small \$22, Large \$26

Order by February 8th. Pick up is February 15th.

Orders are also accepted in person at both Bridges CHC sites.

For more information or to order online visit:

linksforgreenerlearning.org/programs/good-food-box-pop-up-market

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: February 1st, 22nd, 29th.

Port Colborne/Wainfleet Site: February 14th, 21st.

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. Back To Basics	10:00 a.m.: Mindful Movements 2:00 p.m.: Gentle Fit
Tuesday		10:00 a.m.: Gentle Fit
Wednesday	10:00 a.m. Gentle Fit	1:30 p.m.: Fun Drum
Thursday		9:00 a.m: Back To Basics
Friday	10:00 a.m. Fun Drum	

LET'S GET COOKING Join us to learn to cook nutritious, low-cost and tasty foods with our dietitians.

Thursday, February 22nd, 10:00-11:30 a.m. Port Colborne/Wainfleet Site

KATE'S SEASONAL RECIPE: NO BAKE PEANUT BUTTER GRANOLA BARS

Yield: 24 Total time: 25 mins

Kate joined Bridges CHC to complete her dietetic internship, sharing a few recipes with us during that time. This recipe uses simple staple ingredients for a heart healthy snack. If you don't have almonds or rice cereal, you can use any cereal, nuts or seeds to customize this recipe.



Ingredients:

- 2 cups granola cereal
- 1 ¼ cup crispy brown rice cereal
- 1 cup uncooked quick-cooking oats
- 2 tbsp chopped almonds
- ¼ cup dried cranberries or blueberries
- ½ cup honey
- ½ cup creamy peanut butter
- 1 tbsp canola oil
- 1 tsp vanilla extract

Instructions:

1. In large bowl, combine granola, rice cereal, oats, almonds and dried berries.
2. In small saucepan, bring together honey, peanut butter, canola oil and vanilla over low heat for 5 minutes or until blended.
3. Pour peanut butter mixture over dry mixture, stirring until coated. Put into lightly greased 9 x 13 inch pan.
4. Press mixture down tightly with wax paper. Cover and cool completely in refrigerator at least 1 hour before slicing into 24 bars.

**COOK DINNER WITH ME
ONLINE- FOR UNDER \$10**
Wednesdays, 5:00-6:00 p.m.
**February 7th, March 6th, and
April 10th.**

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.

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