

BRIDGES COMMUNITY HEALTH CENTRE

Community Programs July 2025

All programs are open to everyone in the community, at no cost.

STAY COOL AND HYDRATED DURING EXTREME HEAT THIS SUMMER:



- Drink plenty of water before you feel thirsty;
- Check in on neighbours, friends, older family members, especially those who are chronically ill to make sure they are cool and hydrated;
- Wear loose-fitting, light-coloured clothing made of breathable fabric;
- Avoid sun exposure, shade yourself by wearing a wide-brimmed, breathable hat, or using an umbrella
- Plan outdoor activities during cooler parts of the day, try to spend a few hours in cool places (a tree-shaded area, swimming facility or an air-conditioned spot such as a public building, shopping mall, grocery store, place of worship, or public library).

Find more tips and where to go to cool down during *Heat Warnings* here: <https://niagararegion.ca/emergency/hazards/high-heat.aspx>

GROUPS HOSTED BY THE DIABETES EDUCATION PROGRAM:

DIABETES 101

Thursday, July 10th, 1:00-2:00 p.m.

Fort Erie Lions Seniors Centre,
265 High Street.

Learn about being newly diagnosed with Type 2 Diabetes or attend as a refresher on key topics. We will cover physiology, complications, targets for A1c, lipids, and sugars, as well as physical activity, and healthy eating.

I LOVE FRUIT!

Monday, July 21st, 2:00-3:00 p.m.

Port Colborne/Wainfleet Site

Learn how to incorporate more fruit into your diet to boost your intake of fiber and antioxidants. We will be including a food demonstration and tasting.

BUILDING HEALTHY BOUNDARIES

A 4-Week Therapeutic Group

Wednesdays, July 2nd - 23rd, 10:00-11:30 a.m.

Port Colborne/Wainfleet Site

Through education, interactive exercises, and self-compassion practices, you'll build the skills to protect your time, energy, and well-being. Join us to create stronger, healthier relationships – starting with yourself!

DOCUMENTARY SCREENING:

MEDICATING NORMAL

Thursday, July 24th, 9:30-11:30 a.m.

Fort Erie Site

Join us to watch *Medicating Normal*, a documentary that focuses on the long-term use and side effects of psychiatric medication; followed by a group discussion about managing mental health and emotional distress led by Bridges CHC Social Worker, Stuart.

QUIT SMOKING SUPPORT

Call to speak with a health promoter and create a quit plan today! Eligible participants can receive up to six months of free nicotine replacement therapy.



MOBILE CANCER SCREENING COACH

At Bridges CHC sites 9:00 a.m.-3:00 p.m. monthly.

All appointments MUST be pre-booked, call 1-855-338-3131.

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

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 to begin the registration process. We ask for your patience, there is a wait time as we bring on new patients. For a full list of offices accepting new patients in the Niagara region, visit <https://www.niagararegion.ca/health/find-a-doctor.aspx>.

**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**

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EXERCISE CLASSES

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

COOK DINNER WITH ME ONLINE: Cook an affordable, healthy, family-sized meal.
Register to receive the ingredient list, recipe, and Zoom link.

Upcoming sessions, Wednesdays from 5:00-6:00 p.m.:
July 9th, September 10th, October 8th, November 5th, December 3rd.

THE GOOD FOOD BOX: SM \$22, LRG \$26. Order by July 10th, pick up is July 15th.

Fresh produce from local farmers and wholesalers.

Orders are accepted online, or for cash orders, in person at both Bridges CHC sites.

To learn more or order online visit: linksforgreenerlearning.org/programs/good-food-box-pop-up-market

RECIPE OF THE MONTH: TUNA AND TOMATO SALAD

Cool off this summer with this refreshing Tuna and Tomato Salad! Packed with fresh vegetables, light tuna, and a flavorful herb-infused dressing, it's a quick, nutritious dish perfect for hot days or as a light lunch.

Ingredients:

- 1 L (2 pints) grape tomatoes, halved lengthwise
- 2 stalks celery, thinly sliced
- 2 cans (each 120 g drained weight) light flaked tuna in water, drained
- 250 mL (1 cup) chopped cucumber
- Salad dressing:
 - 45 mL (3 tbsp) red wine vinegar
 - 10 mL (2 tsp) extra virgin olive oil
 - 1 clove garlic, minced
 - Pinch hot pepper flakes
- 85 mL (⅓ cup) chopped fresh basil
- 30 mL (2 tbsp) chopped fresh oregano

Instructions:

1. In a large bowl, combine tomatoes, celery, tuna and cucumber.
2. Prepare the salad dressing: In a small bowl, whisk together vinegar, oil, garlic and hot pepper flakes. Pour over tomato mixture along with basil and oregano and toss to coat well.
3. Stir in basil, vinegar and lemon juice until combined.



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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