

# BRIDGES COMMUNITY HEALTH CENTRE

## Community Programs May 2024

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

### HOT TOPICS: FOOT CARE

Fort Erie Site

**Monday, May 13th, 1:00-2:00 p.m.**

Join Sarah from Compass Health and learn ways people living with diabetes can manage their foot care.

### HOT TOPICS: GET STARTED WITH A FITNESS ROUTINE

Port Colborne/Wainfleet Site

**Wednesday, May 22nd, 11:00 a.m.-12:00 noon**

Join Trisha, Bridges CHC Kinesiologist, to learn about creating a fitness routine or how you can jump-start your current routine. She will explore ways to prevent injury and demonstrate resistance band exercises. Participants will get to take home a resistance band.

### LET'S GET COOKING

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

**Wednesday, May 22nd, 2:00-3:30 p.m. Crystal Ridge Community Church**

**Thursday, May 23rd, 10:00-11:30 a.m. Port Colborne/Wainfleet Site**

### COOK DINNER WITH ME ONLINE- FOR UNDER \$10

**Wednesday, 5:00-6:00 p.m. May 8th and June 12th.**

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.

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

**Order by May 16th. Pick up is May 23rd.**

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](https://linksforgreenerlearning.org/programs/good-food-box-pop-up-market)

### IN THE COMMUNITY: SELF CARE FOR STUDENTS WELLNESS FAIR

**Wednesday, May 29th, 4:00-5:30pm, Port Colborne Public Library, 310 King St.**

Learn strategies & tips to help you prepare for exams and school transitions. Presentations, demos, and displays on topics such as exercise, breathing techniques, study strategies, and more!

Sponsored by the City of Port Colborne Mayor's Youth Advisory Council with support from Bridges Community Health Centre and the Port Colborne Public Library.

### 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](mailto: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](http://www.bridgeschc.ca)

# BRIDGES COMMUNITY HEALTH CENTRE

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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: MEXICAN BAKED EGGS ON BLACK BEANS

**Yield: 6 Total time: 1 hr 5 mins**

*This recipe is an easy one for breakfast, lunch, or dinner. Beans are a very versatile plant protein. Black beans are used in this recipe, but you can use kidney, pinto, or chickpeas. Beans are a great source of soluble fibre which helps decrease your body's low-density lipoprotein levels, also known as bad cholesterol, and provides protection for your heart. Find this and other recipes here:*

[www.heartandstroke.ca](http://www.heartandstroke.ca)



#### Ingredients:

- 1 tbsp canola oil
- ¾ cup minced onion
- 1 tsp chili powder
- ½ tsp ground cumin
- ½ tsp crushed red pepper flakes
- 1 can black beans, rinsed/drained
- 1 can low sodium diced tomatoes
- 6 eggs
- ¼ cup grated cheddar cheese

#### Instructions:

1. In large saucepan, heat canola oil over medium heat. Add onion and sauté for about 5 minutes. Add chili powder, cumin and red pepper flakes and stir for 2 minutes.
2. Add black beans and tomatoes. Stir. Bring to a simmer, cover and cook for 15-30 minutes until thickened to desired texture. While mixture cooks, preheat oven to 350 °F (180 °C).
3. Lightly brush 6 ramekins (placed on a baking sheet) or one 2 quart (2.25 L) casserole dish with canola oil or cooking oil spray. Mash bean mixture well and evenly divide amongst the dishes. Make a shallow hole in the middle of each one.
4. Carefully crack one egg on top of each dish. Sprinkle lightly with cheese. Bake for 15 minutes or until egg is cooked to desired doneness.

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