

BRIDGES COMMUNITY HEALTH CENTRE

COMMUNITY PROGRAMS JUNE 2026

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

COMING UP IN JULY:

Emotion Regulation: Thursdays, July 9th, 16th, 23rd, 30th, 3:00-4:00 p.m. **Port Colborne/Wainfleet Site**

Diabetes Hot Topics Farmers Market Trip: Friday, July 3rd, 9:30-10:30 a.m. **Port Colborne/Wainfleet Site**

DIABETES HOT TOPICS:

GLUCOSE PATTERN MANAGEMENT

Wednesday, June 10th, 2:00-3:00 p.m.

Fort Erie Site

Understanding blood glucose readings, patterns, and trends to optimize diabetes management.

FRUIT AND VEGGIE HACKS PART 2

Thursday, June 18th, 1:30-2:30 p.m.

Port Colborne/Wainfleet Site

Learn how to boost your fruit and vegetable intake and how to benefit from cost saving tips. There will be an opportunity to sample great tasting produce.

EAT WELL, SIMPLIFIED: Master Meal Planning

Port Colborne/Wainfleet Site

Thursday, June 4th, 1:30-2:30 p.m.

Learn the basics of healthy eating, how to balance your plate, and plan your weekly meals with ease.

BOOST YOUR BOUNDARIES

Port Colborne/Wainfleet Site

Tuesday, June 23rd, 2:30-4:00 p.m.

Build healthy personal boundaries through self-awareness, reflection, and communication. Explore common challenges while learning assertive strategies to support emotional wellbeing and healthier relationships.

CREATING CALM: Artist Trading Cards

Fort Erie Site

Wednesday, June 24th, 2:00-3:30 p.m.

Create and exchange miniature artworks focused on mindfulness, self-expression, and connection. This will be a relaxed, supportive space. No art experience required.

THE GOOD FOOD BOX

Small \$22, Large \$26.

Order by Thursday, June 18th.

Pick up is Thursday, June 25th.

Fresh produce from local farmers and wholesalers. Orders accepted online or in person at both Bridges CHC sites for cash orders.

To learn more or order online, visit:

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

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

BRIDGES CHC IS ACCEPTING NEW PATIENTS AT OUR PORT COLBORNE SITE. 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. Find a list of all offices accepting new patients in the Niagara region, here: <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**

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)	
Monday	10:00 a.m.: Gentle Fit
Tuesday	
Wednesday	10:00 a.m.: Gentle Fit
Thursday	
Friday	

Port Colborne/Wainfleet	
Monday	10:00 a.m.: Mindful Movements
Tuesday	9:00 a.m.: Gentle Fit 10:15 a.m.: Gentle Fit
Wednesday	1:30 p.m.: Fun Drum
Thursday	9:00 a.m.: Back To Basics
Friday	9:00 a.m.: Nordic Pole Walking

COOK DINNER WITH ME ONLINE: Register to receive the ingredient list, recipe, and Zoom link.
Wednesday, June 3rd, 5:00-6:00 p.m.

LET'S GET COOKING: Learn to cook nutritious, low-cost and tasty food with our dietitians.
Wednesday, June 24th, 2:00-3:30 p.m.

241 Elmwood Ave, Crystal Beach

Thursday, June 25th, 10:00 a.m.- 12:00 p.m.

Port Colborne/Wainfleet Site

COWBOY CAVIAR SALAD

This cowboy caviar lentil salad is fresh and vibrant, combining lentils, vegetables, and herbs in a zesty dressing. It's a refreshing dish that's ideal for warm weather and summer gatherings.

Find the full recipe here:

www.lentils.org/foodservice/foodservice-recipes/cowboy-caviar-salad/

Ingredients:

- 1 ½ lbs whole red lentils, cooked
- 2 cups Roma tomatoes, small dice
- 2 cups avocado, diced
- 1 ½ cups sweet corn kernels
- ½ cup red onion, minced
- 1 cup red bell pepper, small dice
- ¼ cup jalapeno, seeded and minced
- ½ cup cilantro, finely chopped
- 2 Tbsp lime juice
- ½ cup canola oil
- 2 Tbsp red wine vinegar



Instructions:

1. In a large mixing bowl, combine lentils, tomatoes, avocado, corn, onion, peppers, and cilantro. Toss well to combine.
2. In a small mixing bowl, combine lime juice, oil, and vinegar.
3. Dress the salad and toss well before serving. Serve with tortilla chips. Store refrigerated.

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