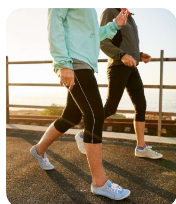


Programs & Events This Month

Free · Open to everyone in the community



Now accepting new patients at our Port Colborne site. If you don't have a doctor or nurse practitioner and live in Fort Erie, Port Colborne, or Wainfleet, please call to begin the registration process.

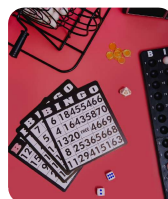


Diabetes Walk & Talk

Learn about the benefits of activity and how it affects your blood sugar while on a walk.

Wednesday, September 9 - 2:00-3:00 PM

Waverly Beach, Fort Erie

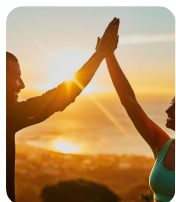


Heart Healthy Bingo

Have fun playing bingo while learning about heart healthy living. Prizes to be won!

Thursday, September 17 - 1:30-2:30 PM

Port Colborne/Wainfleet Site



Fall Into Wellness

Prepare for winter with strategies for movement, stress management and wellness.

Wednesdays, Sept 9, 16, 23, 30 - 3:00-4:00 PM

Port Colborne/Wainfleet Site



When Emotions Feel BIG

Learn skills to slow things down, feel more grounded, and respond with intention.

Thursdays, Sept 17, 24, Oct 1 - 2:00-3:30 PM

Fort Erie Site

QUIT SMOKING SUPPORT

Eligible participants can receive free nicotine replacement therapy. Call to get started.

MOBILE CANCER SCREENING

At Bridges CHC sites monthly.
Pre-book/dates/locations:
Call 1-855-338-3131

THE GOOD FOOD BOX

Small \$22 · Large \$26
Order by noon Thurs, Sept 10
Pick up Thurs, Sept 17



Coming in October!

Eating Smart for a Healthy Heart: Thurs, Oct 1 at 1:30 PM - *Port Colborne/Wainfleet Site*

Meal Planning: Wed, Oct 21 at 1:30 PM - *Fort Erie Site*

Thurs, Oct 22 at 1:30 PM - *Port Colborne/Wainfleet site*

For more information or to register for a program:

Fort Erie 905-871-7621 ext. 0, Port Colborne/Wainfleet 289-479-5017 ext. 0 or info@bridgeschc.ca

EXERCISE CLASSES

PORT COLBORNE/WAINFLEET SITE

Monday — Mindful Movements, 2:00 PM

Tuesday — Gentle Fit, 9:00 & 10:15 AM

Wednesday — Fun Drum, 1:30 PM

Thursday — Back to Basics, 9:00 AM

Friday — Nordic Pole Walking, 9:00 AM

FORT ERIE NATIVE FRIENDSHIP CENTRE

Monday — Gentle Fit, 10:00 AM

Wednesday — Gentle Fit, 10:00 AM

Friday — Fun Drum, 10:00 AM



Let's Get Cooking

Cook nutritious, low-cost food with our dietitians.

Wednesday, September 23 - 2:00-4:00 PM

Crystal Ridge Community Church

Thursday, September 24 - 10:00 AM-Noon

Port Colborne/Wainfleet Site



Cook Dinner With Me

An interactive cooking class from the comfort of home.

Wednesday, September 2 - 5:00-6:00 PM

Wednesday, October 7 - 5:00-6:00 PM

Online via Zoom — register for Zoom link

RECIPE OF THE MONTH

Pear and Barley Salad

A fresh and hearty seasonal dish that bridges summer and fall with comforting flavours.

Ingredients - Salad ¼ cup walnuts · 1 cup uncooked barley · 1 540 ml can drained/rinsed chickpeas · 2 anjou pears, chopped · ¼ cup sundried tomatoes, chopped · ½ cup crumbled light feta cheese · ¼ cup fresh parsley, chopped · 2 cups baby arugula **Dressing** 3 Tbsp red onion, finely chopped · ¼ cup apple cider vinegar · ¼ cup olive oil · 1 tsp each dijon mustard, maple syrup, dried oregano · ¼ tsp each salt and pepper



Instructions 1. Cook barley according to package directions; drain. 2. Marinate minced red onion in a bowl with apple cider vinegar. 3. Add all salad ingredients into a large bowl. 4. Add remaining dressing ingredients into the vinegar and red onion bowl, whisk. 5. Pour dressing over salad mixture and toss to coat.