

BRIDGES COMMUNITY HEALTH CENTRE

Community Programs July 2024

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

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 Health Care Connect at 811 or 1-800-445-1822 to begin the registration process with Bridges Community Health Centre.

HOT TOPICS: LABEL READING AND COST SAVINGS AT THE GROCERY STORE

Port Colborne/Wainfleet Site

Tuesday, July 23rd, 1:30-2:30 p.m.

Join our dietitian Melissa to learn how we can decipher Nutrition Facts tables while learning to save a few dollars at the grocery store.

COOK DINNER WITH ME ONLINE

Wednesday, July 10th, 5:00-6:00 p.m.

Join Registered Dietitian, Christina, in an online session over dinner time to learn tips and strategies to cope with the recent rising costs of food and to cook alongside her as she prepares an affordable, healthy, family sized meal. Register to receive the ingredient list, recipe and Zoom Link.

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

Order by July 11th. Pick up is July 18th.

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

LET'S GET COOKING

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

Wednesday, July 24th, 2:00-3:30 p.m. Crystal Ridge Community Church.

Thursday, July 25th, 10:00-11:30 a.m. Port Colborne/Wainfleet Site.

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,
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.: Walking Program (meet at Crescent Road parking lot)	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.: 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	

RECIPE OF THE MONTH: OKROSHKA (COLD SUMMER SOUP)

Yield: 4 Total time: 1 hr 5 mins

Okroshka is a classic Russian cold soup, usually made with a base of kvass, but using kefir instead adds a tangy twist. It's a great way to enjoy a refreshing dish while keeping cool in the summer heat – give it a try!



Ingredients:

- 1 boiled potato, cubed
- 3 hard-boiled eggs, cubed
- 1 large cucumber, halved, seeds removed, diced into small cubes
- 1 bunch radishes, thinly sliced (about 250 mL/1 cup)
- 1 bunch scallions, thinly sliced (about 250 mL/1 cup)
- 250 mL (1 cup) dill, finely chopped
- 500 mL (2 cups) 1% kefir
- 45 mL (3 tbsp) of lemon juice
- Salt to taste

Instructions:

1. Thinly slice radishes using a mandolin or sharp knife. Arrange slices in small stacks on your cutting board. Thinly slice the stacks of radish to make thin matchsticks.
2. In a large bowl, combine boiled potato, hard cooked eggs, cucumber, radish, scallions, and dill. Pour kefir over mixture, add lemon juice and stir well to combine.
3. Refrigerate and serve when ready.

Tips:

- If the consistency is too thick, add low sodium vegetable broth when all ingredients have been combined.
- When ready to eat, stir in a dollop of light sour cream or crumbled feta cheese in your bowl.
- You can make the soup ahead of time and refrigerate for up to 3 days.
- You can add another egg or diced or minced cooked chicken for more protein.
- Remember, a little salt goes a long way. Taste, before adding any salt.

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