

BRIDGES COMMUNITY HEALTH CENTRE

COMMUNITY PROGRAMS FEBRUARY 2026

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

PROTECTING YOUR CREDIT **Fort Erie Site**

Tuesday, February 10th, 2:00-3:00 p.m.

Credit Canada will be presenting on how to protect yourself from credit fraud.

DIABETES HOT TOPICS:

HEART HEALTHY LIVING **Port Colborne/Wainfleet Site**

Tuesday, February 10th, 2:00-3:00 p.m.

Join our diabetes team to learn about ways to improve your heart health while enjoying some tasty heart smart recipes.

WIRED TO WONDER: 4 Week ADHD Group **Fort Erie Site**

-for adults with diagnosed or suspected ADHD

Thursday, February 5th and 12th 1:30-3:00 p.m.

Learn how your ADHD brain works – and how to work with it.

Build skills for focus, motivation, and emotional regulation in a supportive, judgement-free space.

Led by Melissa, RSW, ADHD-CCSP.

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

Order by noon on Thursday, February 12th. Pick up is Thursday, February 19th.

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

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. 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**

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.: Gentle Fit	Monday	10:00 a.m.: Mindful Movements
Tuesday		Tuesday	9:00 a.m.: Gentle Fit 10:15 a.m.: Gentle Fit
Wednesday	10:00 a.m.: Gentle Fit	Wednesday	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

Wednesdays, February 4th, March 4th, April 1st, 5:00-6:00 p.m.

Register to receive the ingredient list, recipe, and Zoom link.

LET'S GET COOKING: Learn to cook nutritious, low-cost and tasty food with our dietitians.

Thursday, February 12th, 10:00 a.m.- 12:00 p.m. Port Colborne/Wainfleet Site

Tuesday, February 17th, 1:30-3:30 p.m. Fort Erie, Gilmore Hub, 60 King Street

RECIPE OF THE MONTH: LENTIL AND POMEGRANATE SPINACH SALAD

This lentil and pomegranate spinach salad is fresh and colourful, blending earthy lentils with juicy pomegranate and crisp spinach. It's a light yet filling dish that adds brightness and flavour to winter meals.

Dressing Ingredients:

- 3 Tbsp (45 mL) apple cider vinegar
- 1 Tbsp (15 mL) honey
- 1/4 cup (60 mL) olive oil
- to taste, salt and pepper

Salad Ingredients:

- 8 cups (2 L) baby spinach
- 1 avocado, pitted and sliced
- 1 1/2 cups (375 mL) cooked green lentils
- 1/3 cup (75 mL) pomegranate gems
- Parmesan cheese, plus more for serving
- Fresh basil leaves

Instructions:

1. In a mason jar or small bowl, mix together the apple cider vinegar, honey, and olive oil. Season to taste with salt and pepper and set aside.
2. In a large bowl, mix together the salad ingredients. Drizzle with dressing and serve.



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