

# 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 5<sup>th</sup> and 12<sup>th</sup> 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](https://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](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      Bridges CHC Port Colborne/Wainfleet Site  
1485 Garrison Road, Fort Erie ON L2A 1P8      380 Elm Street, Port Colborne ON L3K 4P2  
[www.bridgeschc.ca](http://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	10:00 a.m.: Fun Drum

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	

### 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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