

# BRIDGES COMMUNITY HEALTH CENTRE

## COMMUNITY PROGRAMS MAY 2026

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

### DIABETES HOT TOPICS:

#### POWER OF PLANT PROTEINS

Wednesday, May 13th, 2:00-3:00 p.m.

##### Fort Erie Site

Join us to learn about the power of plant proteins while sampling some Mexican-inspired snacks!

#### FRUIT AND VEGGIE HACKS PART 1

Tuesday, May 26th, 1:30-2:30 p.m.

##### Port Colborne/Wainfleet Site

Learn how to boost your fruit and vegetable intake while learning about cost saving tips. There will be an opportunity to sample some great tasting produce.

### LIVING WELL WITH PERSISTENT PAIN

Fridays, 2:00–3:30 p.m., May 8th, 15th, 22nd, 29th. June 5th, 12th.

A 6-week, in-person group for individuals living with persistent pain to connect, share, and learn together. You will learn about pain-science education, self-management skills, and practical tools for living with persistent pain.

##### Fort Erie Site

### EATING SMART FOR HEALTHY HEART

Thursday, May 14th, 1:30–3:30 p.m. **Port Colborne/Wainfleet Site**

Thursday, May 27th, 1:30–3:30 p.m. **136 Gilmore Rd, Fort Erie Public Library**

Get practical strategies, recipes, and evidence-based guidance to support your heart health.

### STRESS RESET: Grounding and Relaxing Skills

Thursday, May 21st, 2:00–3:30 p.m.

A practical workshop to help participants understand stress and learn simple grounding, breathing, and relaxation skills to support nervous system regulation and everyday coping.

##### Fort Erie Site

### CREATING CALM: A Mindful Mini Garden Experience

Thursday, May 28th, 2:00–3:30 p.m.

Create your own mini zen garden in this calming, creative workshop while exploring simple ways to feel more grounded. All supplies are provided – just come as you are.

##### Fort Erie Site

### THE GOOD FOOD BOX

Small \$22, Large \$26.

Order by Thursday, May 14th.

Pick up is Thursday, May 21st.

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](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 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](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 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](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	9:00 a.m.: Nordic Pole Walking

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

**LET'S GET COOKING:** Learn to cook nutritious, low-cost and tasty food with our dietitians.  
**Wednesday, May 20th, 2:00-3:30 p.m.**  
**Thursday, May 21st, 10:00 a.m.- 12:00 p.m.**

**241 Elmwood Ave, Crystal Beach**  
**Port Colborne/Wainfleet Site**

**EAT WELL, SIMPLIFIED: Master Meal Planning**  
**Thursday, June 4th, 1:30-2:30 p.m.**

**Port Colborne/Wainfleet Site**

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

### GLUTEN-FREE ROASTED VEGETABLE WRAP

*These wraps are colourful and satisfying, featuring tender roasted vegetables wrapped in a wholegrain tortilla. They make a fresh and balanced meal that is perfect for spring. [Full recipe can be found at this link.](#)*



#### Ingredients:

- 4 Gluten Free Wholegrain Tortilla Wraps
- 1 small butternut squash, peeled and cubed
- 1 red pepper slices
- 1 eggplant, diced
- 1 red onion, sliced
- Olive oil
- Salt and pepper to taste
- Fresh coriander leaves, chopped
- Greek yogurt
- Cherry tomatoes, halved
- Fresh spinach leaves
- Pomegranate seeds

#### Instructions:

1. Preheat your oven to 200°C (400°F).
2. In a large mixing bowl, toss the butternut squash, red pepper, eggplant, and red onion with olive oil until evenly coated. Season with salt and pepper to taste.
3. Spread the vegetables in a single layer on a baking sheet lined with parchment paper. Roast in the preheated oven for 25-30 minutes, or until the vegetables are tender and lightly browned.
4. While the vegetables are roasting, chop the fresh coriander leaves, halve the cherry tomatoes, and prepare the spinach leaves and pomegranate seeds.
5. Once the vegetables are roasted, remove them from the oven.
6. Assemble the wraps by spreading a generous amount of Greek yogurt on each tortilla. Layer on the roasted vegetables, spinach leaves, tomatoes, and sprinkle with chopped coriander and pomegranate seeds. Roll the wraps up tightly and enjoy!

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