

Bridges Community Health Centre November 2023 Newsletter



- Empower your health journey -

You can now register for a ConnectMyHealth account! To easily view your health records from participating healthcare facilities in southwestern Ontario, register today:
info.connectmyhealth.ca/register

FALL VACCINES ARE NOW AVAILABLE!

If you are a Bridges CHC client, please call to book your flu shot.

Port Colborne/Wainfleet Site: 289-479-5017 or Fort Erie Site: 905-871-7621

Covid-19 vaccines and flu shots are also available at participating pharmacies, find one here:
niagararegion.ca/health/vaccinations/general/default.aspx

SEASONAL AFFECTIVE DISORDER

Join us to discuss what S.A.D. is, how to identify it and how to manage it.

Wednesday November 8th, 3:00-4:00 p.m. Bridges CHC Port Colborne/Wainfleet Site

For more information or to register, contact Anna:
289-479-5017 ext. 2461 or anna.pett@bridgeschc.ca

Thursday November 9th, 3:00-4:00 p.m. Bridges CHC Fort Erie Site

For more information or to register, contact Donna:
905-871-7621 ext.2242 or donna.cormier@bridgeschc.ca



The bus is at both Bridges CHC sites from 9:00 a.m.-3:00 p.m. All appointments **MUST** be pre-booked, call 1-855-338-3131.

Fort Erie site: November 2nd, 15th, 23rd, 29th, 30th.
Port Colborne: November 1st, 8th.

HOT TOPICS PORT COLBORNE/WAINFLEET SITE: HOLIDAY SOCIAL

Tuesday, November 28th, 1:30-3:00 p.m.

Join us for an afternoon of Holiday fun and a few easy-going games. Light snacks and beverages will be served. For more information or to register, call 289-479-5017 ext 2421.

QUIT SMOKING

Create your quit plan today, eligible participants can receive free nicotine replacement therapy. Contact Ashley:
905-871-7621 ext. 2226 or ashley.chiarello@bridgeschc.ca

LET'S GET COOKING

Learn to cook nutritious, low-cost and tasty foods. Registration is limited for both in person groups.

Fort Erie: *NEW LOCATION*
Fort Erie Public Library, Centennial Branch, 136 Gilmore Road.

Wednesday, November 15th 10:00-11:30 a.m.

For more information or to register, call (905)-871-2546.

Port Colborne/Wainfleet site: Thursday, November 23rd, 10:00-11:30 a.m.

For more information or to register, call 289-479-5017 ext 2421.

Small \$22,
Large \$26



Order by November 16th. Pickup is November 23rd.

For more info or to order online visit: linksforgreener-learning.org/programs/food-box/

Orders are also accepted in person at both Bridges CHC sites.

We want to hear from you! What types of programs would you like to see our health care providers offer? Send it to: info@bridgeschc.ca

Bridges
Community Health Centre
Fort Erie and Port Colborne/Wainfleet



Alliance for Healthier Communities
Alliance pour des communautés en santé

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EXERCISE CLASSES:

FORT ERIE SITE:

*Registration is required for all classes. Contact 905-871-7621 ext 2234 or info@bridgeschc.ca to register.

Mondays 9:00 a.m.: Back To Basics

Wednesdays 10:00 a.m.: Gentle Fit (in person)

Fort Erie Native Friendship Centre.

Fridays 10:00 a.m.: Fun Drum (in person)

Fort Erie Native Friendship Centre

PORT COLBORNE/WAINFLEET SITE:

*Registration is required for all classes. Contact 289-479-5017 ext 2425 or trisha.bering@bridgeschc.ca to register. All classes in Port Colborne are in person.

Mondays 10:00 a.m.: Mindful Movements.

Tuesdays 10:00 a.m.: Gentle Fit.

Wednesdays 9:00 a.m.: Nordic Pole Walking

Wednesdays 1:30 p.m.: Fun Drum.

Thursdays 9:00 a.m.: Back To Basics.

COOK DINNER WITH ME ONLINE- FOR UNDER \$10 Wednesday, November 15th 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 rising costs of food*** and to cook alongside her as she prepares a healthy, family sized meal under \$10. For more information or to register, contact Christina: christina.dupont@bridgeschc.ca or 289-479-5017 x 2430.

CHRISTINA'S SEASONAL RECIPE: MIGHTY MINESTRONE

Yield: 9 servings Total time: 40 mins

At this time of year, what could be better than a warm, nourishing soup to cut the chill in our bones? This Mighty Minestrone Soup is full of fibre and the kidney beans give this soup some vegetarian protein. Make a big pot of this soup and be sure to freeze a few individual portions for days when you've forgotten to meal plan. Check out this and more recipes on the Health Canada website.



Ingredients:

- 6 cups no salt added vegetable broth
- 4 cups chopped cabbage
- 3 cups carrots, diced
- 1 can (19 oz/540 mL) no salt added white kidney beans, drained and rinsed
- 1 can (28 oz/796 mL) no salt added diced tomatoes or diced tomatoes in puree
- ½ tsp garlic powder

Instructions:

1. Turn on stove to high heat. Put vegetable broth in a large pot and heat to boiling.
2. Turn heat to medium. Add chopped cabbage and diced carrots. Cover and simmer until vegetables are tender, about 35 minutes.
3. Stir in beans, tomatoes and garlic powder. Add pepper to taste. Cover and cook 5 minutes longer and serve.

Find recipe at:
food-guide.canada.ca/en/recipes/mighty-minestrone-soup/

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