

Programs & Events This Month

Free · Open to everyone in the community



Now accepting new patients at our Port Colborne site. If you don't have a doctor or nurse practitioner and live in Fort Erie, Port Colborne, or Wainfleet, please call to begin the registration process.



Mindfulness

Learn mindfulness skills to increase emotional balance and improve self-awareness.

Wednesday, November 4 - 2:30-4:00 PM
Fort Erie Site



Fatty Liver Disease

Learn about fatty liver disease and how lifestyle and diet can impact the condition.

Thursday, November 12 - 1:30-2:30 PM
Port Colborne/Wainfleet Site



Cook Dinner With Me

An interactive cooking class from the comfort of home.

Wednesday, Nov 4 and Dec 2 - 5:00-6:00 PM
Online via Zoom — register for Zoom link



Craft & Calm: Festive DIY

Soothe your mind while working with your hands. Take home your creations & calming habits.

Tuesdays, Nov 24, Dec 1, 8 - 1:00-3:00 PM
Fort Erie Site

QUIT SMOKING SUPPORT

Eligible participants can receive free nicotine replacement therapy. Call to get started.

MOBILE CANCER SCREENING

At Bridges CHC sites monthly.
Pre-book/dates/locations:
Call 1-855-338-3131

THE GOOD FOOD BOX

Small \$22 · Large \$26
Order by noon Thurs, Nov 12
Pick up Thurs, Nov 19

Diabetes Education Program

Outreach Days

Drop in to ask our Bridges CHC Diabetes Educators your diabetes or nutrition-related questions.

- Monday, November 9, 1:30-4:00 PM - Pharmasave Crescent Park Pharmacy
- Friday, November 13, 1:30-4:00 PM - Pharmasave Crystal Beach Pharmacy
- Wednesday, December 9, 9:00-11:30 AM - Pharmasave Mrs O's Pharmacy

For more information or to register for a program:

Fort Erie 905-871-7621 ext. 0, Port Colborne/Wainfleet 289-479-5017 ext. 0 or info@bridgeschc.ca

EXERCISE CLASSES

PORT COLBORNE/WAINFLEET SITE*

Monday — Mindful Movements, 2:00 PM

Tuesday — Gentle Fit, 9:00 & 10:15 AM

Wednesday — Fun Drum, 1:30 PM

Thursday — Back to Basics, 9:00 AM

FORT ERIE NATIVE FRIENDSHIP CENTRE

Monday — Gentle Fit, 10:00 AM

Wednesday — Gentle Fit, 10:00 AM

Friday — Fun Drum, 10:00 AM

*Group exercise classes at the Port Colborne/Wainfleet site are temporarily cancelled due to building renovations. Watch our website and social media for updates. Thank you for your understanding.



Eating Smart for a Healthy Heart

Get strategies, recipes, and guidance to support your heart health.

Wednesday, November 25 - 1:30-3:30 PM
Fort Erie Public Library, Centennial Branch

RECIPE OF THE MONTH

Three Sisters Salad

A colourful, hearty and nourishing dish, featuring squash, beans and corn.

Salad Ingredients

- 1 butternut squash, peeled and diced
- 1 Tbsp olive oil
- ½ tsp black pepper
- 1 pint cherry tomatoes, halved
- ½ small red onion, sliced
- 1 can white kidney beans, no salt added
- 1 can corn, low or no sodium
- 1 container mixed greens (about 5 cups)

Dressing Ingredients

- 1 tsp Dijon mustard
- 1 tsp honey
- 2 Tbsp apple cider vinegar
- 3 Tbsp olive oil
- ¼ tsp black pepper



Instructions

- 1.** Preheat oven to 400°F. Line a baking sheet with parchment paper, place the squash on the baking sheet and season with oil and black pepper.
- 2.** Bake for 20-25 minutes, flipping halfway through until the squash begins to brown. Remove from oven and cool.
- 3.** Whisk dressing ingredients in a small bowl.
- 4.** In a large bowl, place mixed greens, followed by the remaining salad ingredients, and squash once cool.
- 5.** Pour the dressing overtop, mix and serve.

*For additional protein add a sliced hard boiled egg to each portion.