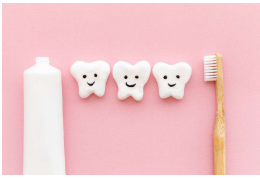


BRIDGES COMMUNITY HEALTH CENTRE

Community Programs April 2025

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



April is oral health month.

Find information about dental programs available in Niagara for children, adults, and seniors here:

niagararegion.ca/living/health_wellness/dental/

GROUPS HOSTED BY THE DIABETES EDUCATION PROGRAM:

HOT TOPICS: Port Colborne/Wainfleet Site
MEDITERRANEAN DIET AND LIFESTYLE PART 2

Thursday, April 10th, 1:30-2:30 p.m.

Join our Dietitian Melissa, to learn about incorporating Mediterranean meals and snacks into your current routine with a few samples to try.

HOT TOPICS: Fort Erie Site
IMPROVING YOUR SLEEP

Thursday, April 10th, 2:00-3:00 p.m.

Join our Social Worker and Diabetes Educators in this presentation to learn more about the importance of sleep and how to improve sleep quality.

COMING UP NEXT MONTH:

BUILDING HEALTHY BOUNDARIES: A 4-WEEK THERAPEUTIC GROUP Port Colborne/Wainfleet Site
Wednesday, May 7th- 28th, 10:30am-12:00pm

Struggling to say no, express your needs, or set limits without guilt? This 4-week therapeutic group will help you develop healthy boundaries, communicate them with confidence, and navigate challenges like people-pleasing and pushback. Through education, interactive exercises, and self-compassion practices, you'll build the skills to protect your time, energy, and well-being. Join us to create stronger, healthier relationships – starting with yourself!

THE GOOD FOOD BOX: SM \$22, LRG \$26. Order by April 10th, pick up is April 16th.

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 all 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 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

BRIDGES COMMUNITY HEALTH CENTRE

Community Programs April 2025

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

EXERCISE CLASSES

Fort Erie (@ Fort Erie Native Friendship Centre)		Port Colborne/Wainfleet	
Monday	10:00 a.m.: Back To Basics	Monday	10:00 a.m.: Mindful Movements
Tuesday		Tuesday	10:00 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: Cook an affordable, healthy, family-sized meal with Registered Dietitian, Christina. Register to receive the ingredient list, recipe, and Zoom link.

Wednesday, April 9th, 5:00-6:00 p.m. Online

LET'S GET COOKING: Join us to learn to cook nutritious, low-cost and tasty foods with our dietitians.

Wednesday, April 23rd, 2:00-3:30 p.m. (Crystal Ridge Community Church) Fort Erie

Thursday, April 24th, 10:00-11:30 a.m. Port Colborne/Wainfleet Site

RECIPE OF THE MONTH: KOREAN-STYLE LENTIL BOWLS

SERVINGS: 4

Bring bold Korean flavors to your table with this quick and delicious Korean-Style Lentil Bowl! Packed with protein, colorful veggies, and a hint of spice, it's a wholesome meal perfect for busy weeknights or on the go lunches.

Ingredients:

- 2 cups (500 mL) cooked green lentils*
- 1/4 cup (60 mL) water
- 1 Tbsp (15 mL) Korean pepper paste (gochujang)
OR miso paste
- 1 tsp (5 mL) canola oil, divided
- 1 cup (250 mL) sliced mushrooms
- 1/2 cup (125 mL) diced red bell pepper
- 1/2 cup (125 mL) matchstick carrots
- 1/2 cup (125 mL) finely sliced green onion
- 2 large eggs, soft-boiled

Directions:

1. Combine lentils, water, and pepper paste in a small saucepan. Simmer on medium heat, stirring often for 3-5 minutes, or until water is absorbed. Set aside.
2. Heat 1/2 tsp (2 mL) oil in a small non-stick saute pan. Add mushrooms and briefly saute for 2-3 minutes on high heat until softened. Set aside. Return pan to heat and repeat with bell peppers. Return pan to heat, add carrots, and saute briefly for 1-2 minutes on medium heat until warm. Set aside.
3. To assemble bowls: Place 1 cup (250 mL) lentils in the center of each bowl. Arrange vegetables around the lentils in equal piles. Top with a soft-boiled egg.

*To prepare 2 CUPS (500 ML) of green lentils from dry to cooked: Combine 3/4 cup (175 mL) dried green lentils with 2 1/4 cups (560 mL) water. Bring to a boil, cover, reduce heat and simmer for 15-20 minutes until lentils are tender. Drain any excess liquid and let cool.



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