

BRIDGES COMMUNITY HEALTH CENTRE

Community Programs January 2025

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



FIND YOUR HEALTHCARE OPTIONS HERE: www.niagarahealth.on.ca/site/emergency-and-urgent-care

Primary care, urgent care, or emergency department? Know where to go to access the care you need.

HOT TOPICS: DO I REALLY NEED ALL THESE MEDS WHEN I HAVE DIABETES?

Tuesday, January 14th, 1:30-2:30 p.m. Port Colborne/Wainfleet Site

Join Pharmacist Susan Marshall to learn why we may need several medications to manage our diabetes and a couple more to reduce our risks of complications.

HOT TOPICS: IMPORTANT SCREENINGS

Thursday, January 23rd, 2:00-3:00 p.m. Fort Erie Site

Join the Diabetes Education Program to review important medical screenings to prevent complications of diabetes.

WALKING PROGRAM

Port Colborne/Wainfleet Site

Vale Health & Wellness Centre

Thursdays, January 9th - February 27th,

1:15-1:45 p.m.

An 8-week positive and inclusive walking program that promotes activity through the winter months. Social interaction and motivation is encouraged between attendees.

QUIT SMOKING SUPPORT

Call to speak with a health promoter and create your quit plan today! Eligible participants can receive up to six months of free nicotine replacement therapy.

COMING SOON:

MINDFUL EATING

Tuesdays, February 4th - March 11th, 4:00- 6:00 p.m.

Would you like to improve your relationship with food & learn to work with your body instead of against it? Are you interested in jumping off the "diet train" permanently? Join our Dietitians in this 6-week, free, online program to learn more about Mindful Eating.

BONE HEALTH

Fort Erie Site

Tuesday, February 11th, 1:30-2:30 p.m.

Join us to learn how to improve and maintain bone health through exercise and nutrition. We will cover key topics including osteoporosis and arthritis, and offer practical tips to strengthen bones and lead an active lifestyle.

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

The Good Food Box provides fresh and affordable produce from local farmers and wholesalers. Orders are accepted online, or for cash orders, in person at both Bridges CHC sites. For more information or to order online visit:

linksforgreenerlearning.org/programs/good-food-box-pop-up-market



MOBILE CANCER SCREENING COACH

For all dates, visit: <https://hnhbscreenforlife.ca/schedule/>

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

Fort Erie Site: January 9th, 15th, 24th, 29th.

Port Colborne/Wainfleet Site: January 8th.

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 with Bridges Community Health Centre. 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**

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EXERCISE CLASSES

Fort Erie (@ Fort Erie Native Friendship Centre) *beginning Monday, January 13th.		Port Colborne/Wainfleet *beginning Monday, January 6th.	
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 ONLINE: Wednesday, January 8th, 5:00-6:00 p.m.

Cook an affordable, healthy, family-sized meal with Registered Dietitian, Christina. Register to receive the ingredient list, recipe, and Zoom link.

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

Crystal Ridge Community Church: Wednesday, January 22nd, 2:00-3:30 p.m.

Port Colborne/Wainfleet Site: Thursday, January 23rd, 2:30-3:30 p.m.

RECIPE OF THE MONTH: CHICKEN NOODLE SOUP

Servings: 6 Total time: 35 mins

Warm up this January with a hearty, kid-approved chicken soup that's as comforting as it is nourishing. It's freezer-friendly too, making it the perfect go-to meal for chilly winter nights!

<https://food-guide.canada.ca/en/recipes/hearty-chicken-noodle-soup/>



Ingredients:

- 6 boneless skinless chicken thighs
- 2 L (8 cups) water
- 2 sprigs fresh parsley
- 1 onion, chopped
- 1 carrot, chopped
- 1 clove garlic, minced
- 250 mL (1 cup) whole grain egg noodles
- 250 mL (1 cup) frozen peas
- 60 mL (¼ cup) grated Parmesan cheese
- 30 mL (2 tbsp) chopped fresh basil or parsley
- Hot pepper sauce (optional)

Directions:

1. In a soup pot or Dutch oven, bring water, parsley, onion, carrot, garlic and trimmed chicken thighs to a boil. Reduce heat to a simmer and spoon off any foam that forms on top. Cook chicken for about 15 minutes. Use a digital thermometer to check that the chicken has reached an internal temperature of 74 °C (165 °F).
2. Using tongs, remove chicken thighs to a clean cutting board. Let cool slightly and chop into bite size pieces. Return chopped chicken with noodles, peas, cheese and basil to broth; cook for about 5 minutes or until noodles are tender. Add a splash of hot sauce to each bowl if desired.

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