

# BRIDGES COMMUNITY HEALTH CENTRE

## Community Programs November 2024

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

### HOT TOPICS: CHRISTMAS IN NOVEMBER

**Fort Erie Site**

**Thursday, November 14th, 2:00-3:00 p.m.**

Join the Diabetes Education Program for a holiday themed potluck and diabetes themed bingo.

### HOT TOPICS: EMOTIONAL EATING

**Port Colborne/Wainfleet Site**

**Wednesday, November 20th, 3:00-4:00 p.m.**

Join Melissa, Registered Dietitian, to learn how our emotions affect our food choices and how we can become more intuitive eaters.

### BONE UP ON THE POWER OF NUTRITION AND EXERCISE

**Port Colborne/Wainfleet Site:**

**Thursday, November 28th, 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.

### QUIT SMOKING

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.

### YOUR MENTAL HEALTH MATTERS

#### TREE OF LIFE WORKSHOP

**Port Colborne/Wainfleet Site:**

**Friday, November 1st, 1:30-3:30p.m.**

**Fort Erie Site: Friday, November 15th, 1:30-3:30 p.m.**

Reclaim your identity and examine your life through art.

#### MINDFULNESS-INTEGRATED COGNITIVE BEHAVIORAL THERAPY

**Fort Erie Site:**

**Wednesdays, November 6th- 27th, 2:00-4:00 p.m.**

Learn to regulate emotions in our daily lives.

#### SEASONAL AFFECTIVE DISORDER

**Fort Erie Public Library, Centennial Branch**

**November 28th, 2024 2:00-3:30 p.m.**

Join our Registered Social Workers to discuss SAD, what it is, how to identify it, and ways to manage it.

### THE GOOD FOOD BOX: SM \$22, LRG \$26 Order by November 14th. Pick up is November 21st.

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](https://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: November 8th, 14th, 19th.**

**Port Colborne/Wainfleet Site: November 13th.**

### 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.

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

### EXERCISE CLASSES

Fort Erie (@ Fort Erie Native Friendship Centre)	
Monday	10:00 a.m.: Back To Basics
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	10:00 a.m.: Gentle Fit
Wednesday	1:30 p.m.: Fun Drum
Thursday	9:00 a.m.: Back To Basics
Friday	9:00 a.m.: Pole Walking

### LET'S GET COOKING

**Crystal Ridge Community Church:**  
**Wednesday, November 20th, 2:00-3:30 p.m.**

**Port Colborne/Wainfleet Site:**  
**Thursday, November 21st, 10:00-11:30 a.m.**

Join us to learn to cook nutritious, low-cost and tasty foods with our dietitians.

### COOK DINNER WITH ME ONLINE

**Wednesday, November 6th, 5:00-6:00 p.m.**

Registered Dietitian, Christina, invites you to an online session to cook an affordable, healthy, family sized meal. Register to receive the ingredient list, recipe and Zoom link.

### RECIPE OF THE MONTH: OAT AND PUMPKIN NO-BAKE BITES

**Servings: 18 (36 bites) Total time: 10 mins**

*These no-bake pumpkin oat bites are a delicious and nutritious treat. Rich in fiber and healthy fats, they offer a satisfying snack that's perfect for boosting energy and keeping hunger at bay. Plus, they're easy to make and fun for kids to help with!*

<https://food-guide.canada.ca/en/recipes/oat-pumpkin-no-bake-bites/>

#### Ingredients:

- 750 mL (3 cups) rolled oats
- 250 mL (1 cup) pumpkin puree (not pumpkin pie filling)
- 250 mL (1 cup) natural almond butter, or peanut butter, or non-nut alternative
- 125 mL (½ cup) maple syrup
- 5 mL (1 tsp) cinnamon
- 7 mL (½ tbsp) vanilla

#### Directions:

1. In a large bowl, combine all ingredients and mix well. If mixture is too dry, add more nut butter; if mixture is too wet, add more oats.
2. Using a tablespoon, scoop mixture in your hand and shape into 2.5 cm (1-inch) balls. Place on a baking sheet.
3. Cover and freeze for one hour before eating!



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