

Bridges Community Health Centre

Community Health and Wellness Programs

Building Healthy Habits

4-week in-person workshop - Port Colborne Site

All Bridges CHC programs are open to the entire community at no cost.



Wednesdays, April 17 & 24, May 1 & 8
3:00-4:00pm

A four week workshop aimed at learning how to build habits that work for you rather than against you. Learn to reshape the way you view progress and gain tools to transform your habits.

To register or for more information, please call 289-479-5017 ext. 0 or email info@bridgeschc.ca

Space is limited.