

# Bridges Community Health Centre

## Community Health and Wellness Programs

### Cook Dinner with Me

On-line Presentation



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

**Wednesday, October 9, 5:00-6:00pm**

Join our Registered Dietitian, Christina, in this on-line session over dinner time to learn tips and strategies to cope with the rising costs of food and to cook alongside her while at home as she prepares an affordable healthy, family-sized meal.

To register and receive the Zoom link and ingredients list, please email [info@bridgeschc.ca](mailto:info@bridgeschc.ca) or call 905-871-7621 ext. 0 or 289-479-5017 ext. 0.