

Bridges Community Health Centre

Community Health and Wellness Programs

Eating Smart for a Healthier Heart

In person presentation—Port Colborne site



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

Wednesday, September 3, 1:30-3:30pm

Join our Registered Dietitian Christina to learn heart-smart eating tips, manage cholesterol, and reduce heart disease risk. Get practical strategies, recipes, and evidence-based guidance to support your heart health.

To register please contact us at 289-479-5017 ext. 0 or info@bridgeschc.ca