Bridges Community Health Centre

Community Health and Wellness Programs

Fuel to Move!

In person presentation—Port Colborne site

Wednesday, August 27, 10:00am-11:00am

Join us for an engaging interactive presentation that will teach older adults how to properly fuel their bodies before and after exercise to support energy, strength, and recovery. Led by our Registered Dietitian and Registered Kinesiologist.

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

Bridges Community Health Centre
Fort Erie and Port Colborne/Wainfleet

Every One Matters.
Every individual. Every community. Every staff person.

Alliance for Healthier Communities
Alliance pour des communautés en santé