

# Bridges Community Health Centre

## Community Health and Wellness Programs

### Hot Topics - Getting Started with a Fitness Routine

In person presentation—Port Colborne site



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

## Wednesday, May 22, 11:00am-12:00pm

Join our Kinesiologist Trisha to learn ways to give your fitness routine a jump start. She will explore ways to prevent injury and demonstrate some resistance band exercises (free band for participants to take home!)

To register please call 289-479-5017 ext. 0 or email [info@bridgeschc.ca](mailto:info@bridgeschc.ca)