

# Bridges Community Health Centre

## Community Health and Wellness Programs

### Hot Topics - Upgrade Your Grains

In person presentation—Port Colborne site

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



## Thursday, August 21, 2:00-3:00pm

Join our Diabetes team to learn how we can introduce more whole and intact grains into our diet. Whole grains may help us manage our blood sugar, blood pressure and blood cholesterol.

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