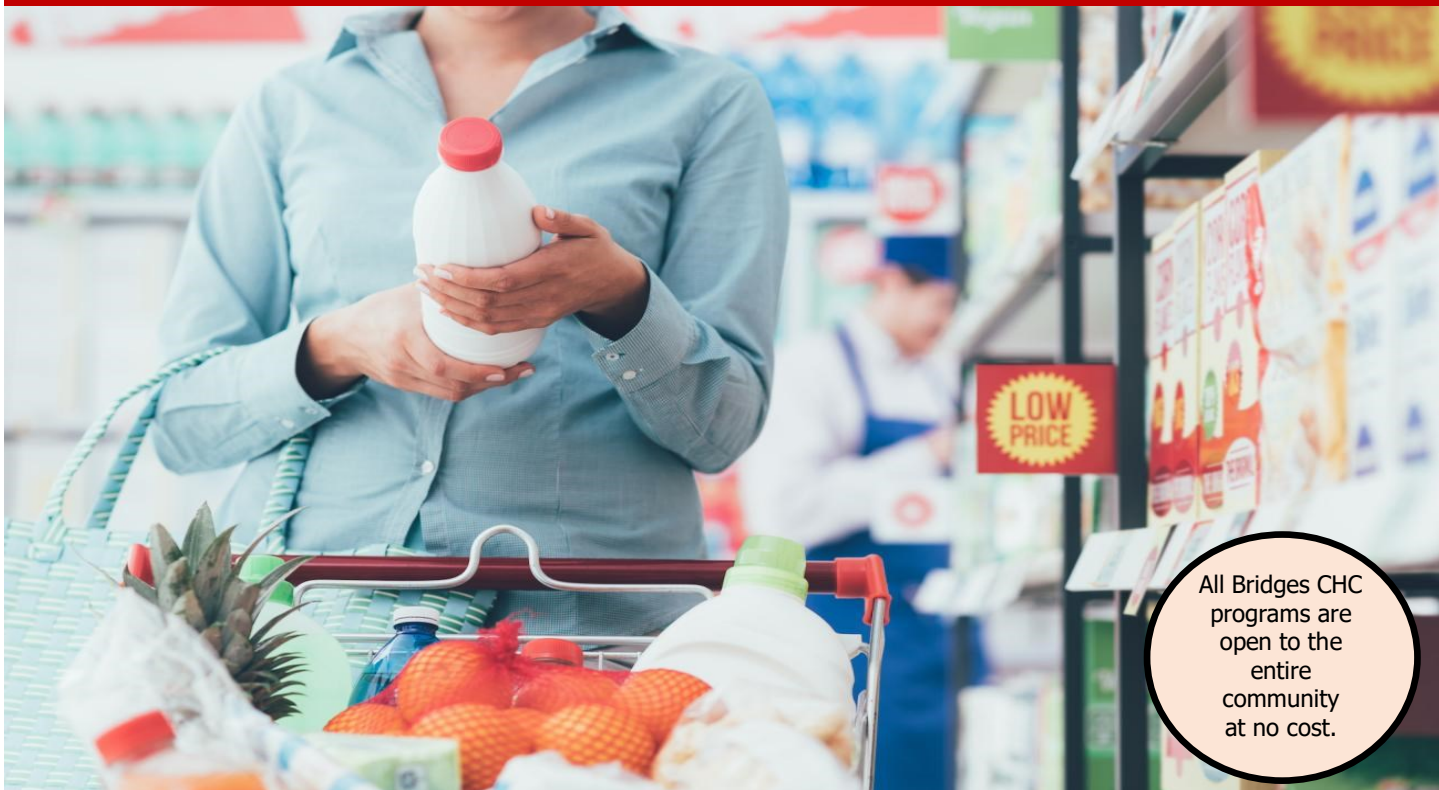


Bridges Community Health Centre

Community Health and Wellness Programs

Hot Topics - Label Reading & Grocery Store Cost Savings
In person presentation—Port Colborne site



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

Tuesday, July 23, 1:30-2:30pm

Join our Registered Dietitian Melissa to learn how to decipher Nutrition Fact tables while also learning how to save a few dollars at the grocery store.

To register please call 289-479-5017 ext. 0 or email info@bridgeschc.ca