

# Bridges Community Health Centre

## Community Health and Wellness Programs

### Hot Topics - I Love Fruit!

In person presentation—Port Colborne site



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

## Monday, July 21, 2:00-3:00pm

Join our Diabetes team and learn how to incorporate more fruit into your diet to boost your intake of fibre and antioxidants. We will be including a food demo and tasting.

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