

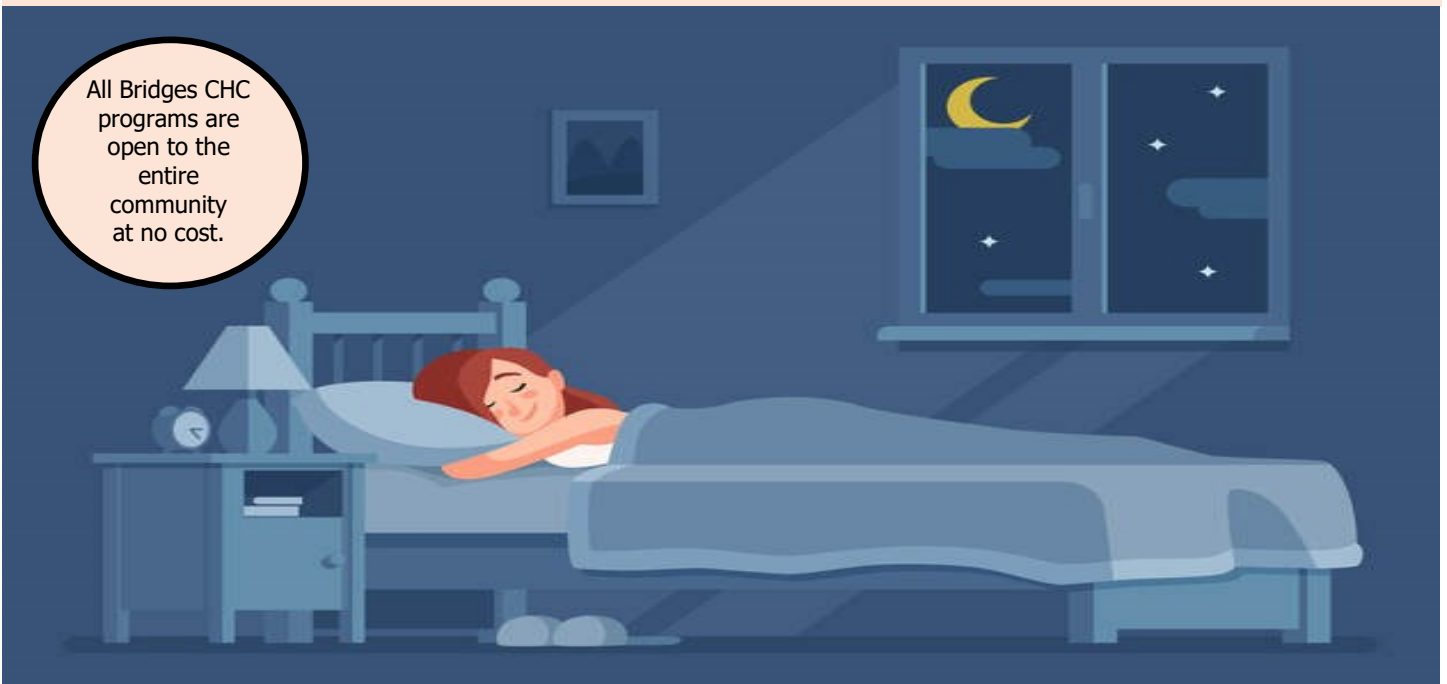
# Bridges Community Health Centre

## Community Health and Wellness Programs

### Hot Topics - Improving Your Sleep with Mindfulness, Meditation and Nutrition

In person presentation—Port Colborne site

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



**Tuesday, September 17, 1:30-2:30pm**

Sufficient sleep heals our bodies and minds. Join our social worker and dietitian to learn various techniques and lifestyle changes that can improve the quality of your sleep.

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