

Bridges Community Health Centre

Community Health and Wellness Programs

Inflammation and Exercise

In person presentation-Douglas Heights Seniors Centre, Fort Erie



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

Thursday, March 21, 1:00-2:00pm

Join Bridges CHC staff and learn about anti-inflammatory foods and simple exercises to keep mobile.

Please register by calling 905-871-7621 ext. 0 or info@bridgeschc.ca