

# Bridges Community Health Centre

## Community Health and Wellness Programs

### Let's Get Cooking!

In person presentation: Crystal Ridge Community Church, 241 Elmwood, Crystal Beach



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

Wednesday, May 22, 2:00-3:30pm

Learn to cook nutritious, low-cost and tasty foods with our Registered Dietitians.

To register, please call 905-871-7621 ext. 0 or email [info@bridgeschc.ca](mailto:info@bridgeschc.ca)  
Space is limited.