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, March 20, 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
Space is limited.

Bridges Community Health Centre
Fort Erie and Port Colborne/Wainfleet

Every One Matters.
Every individual. Every community. Every staff person.

Alliance for Healthier Communities
Alliance pour des communautés en santé