

Bridges Community Health Centre

Community Health and Wellness Programs

Let's Get Cooking!

In person presentation at the Fort Erie Public Library (Centennial Branch)



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

Wednesday, November 15, 10:00-11:30am

In partnership with the Fort Erie Public Library (Centennial Branch), Bridge CHC's Registered Dietitian will be hosting a cooking class at the library! Learn something new about cooking and nutrition and get the chance to try out the library's new mobile kitchen. The recipes we will be preparing will be simple, low-cost, healthy, and fit to the season.

To register, please call the library at 905-871-2546. Space is limited.