

# Bridges Community Health Centre

## Community Health and Wellness Programs

### Let's Get Cooking!

In person cooking demo—Port Colborne site



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

## Monday, December 18, 1:00-2:30pm

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

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