

# Bridges Community Health Centre

## Community Health and Wellness Programs

### Diabetes Hot Topics: Walk & Talk

In person-Waverly Beach, Edgemere Rd, Fort Erie

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



**Thursday, September 12, 2:00-3:00pm**

Join our Diabetes Team at Waverly Beach for a walk & talk as we ground ourselves with nature.

Please register by phone or email:

905-871-7621 ext. 0 or  
[info@bridgeschc.ca](mailto:info@bridgeschc.ca)