

Twin Bridges
Nurse Practitioner-Led Clinic

Clinique dirigée par du personnel
infirmier praticien **Twin Bridges**

Lettuce Eat more Fibre!

March 25th, 2025
5:30 – 7:00pm

*“Discuss the Benefit of Fibre, latest Research
and Try a Sampling of a Few Often Forgotten
High Fibre Foods”*

Tuesday February 25th, 2025
5:30 - 7:00pm

Twin Bridges Nurse Practitioner-Led Clinic
153 Christina Street South
(Please use our Christina Street Entrance)

*Class includes discussion and tasting of a few often
forgotten high fibre foods.*

Register at www.twinbridgesnplc.com