



# Drop in—Belleville Seated Exercise Group

**1st and 3rd Fridays at 1:30 pm**

Join us for a peer-led seated exercise group.

Ages 18+

**WHAT:**

Experience safe, gentle and fun ways to exercise your body.



**WHEN:**

1st and 3rd Fridays from  
1:30—2:30 pm  
January 5 & 19, February 2 & 16,  
March 1 & 15, 2024

**WHERE:**

Belleville Site, 161 Bridge Street West,  
Unit One

**FREE & Open to Everyone in the Community!**

**Facilitated by BQWCHC Volunteer**



Drop by 1st and/or 3rd Fridays at 1:30 pm, or for more information call **613-962-0000** and **press 0 for Reception**



Like us on Facebook!



Follow us on Instagram!

Website: [www.bqwchc.com](http://www.bqwchc.com)