



Quinte West Walking Club

Tuesdays & Thursdays at 10am

WHAT: Join our volunteer to get some fresh air, exercise, and connect with others!



WHEN: Tuesdays and Thursdays from 10am-11am
Until October 28, 2021

WHERE: 70 Murphy St., Trenton at
Belleville and Quinte West Community Health Centre
Meet at bench in parking lot

FREE & Open to Everyone in the Community!

Facilitated by BQWCHC Volunteers

ADVANCE REGISTRATION REQUIRED

For more information, please email damon90000@gmail.com

To register, please call **343-645-6429**

This program is being offered with appropriate safety precautions due to COVID-19

Note: Group programs may be cancelled with short notice due to COVID-19



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