

Quinte West

Make a Change

For

Better Health & Wellness



- WHAT:**
- Learn how to maintain better health and wellness over the lifespan
 - Individualize your plan
 - Gain tools for life
 - This is not a weight loss program—no measuring, no weighing

WHEN: Thursdays 10:30am—12:00pm
June 9th—August 18th, 2022

WHERE: 69 Catherine St., Trenton (**NEW LOCATION!**)
at Belleville and Quinte West Community Health Centre

FREE & Open to Everyone in the Community!

DROP BY, or for more information, please call 613-962-0698

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



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Website: www.bqwchc.com



Health & Wellness