



Bicycle Group

Starting May 11

Thursdays at 12:30 pm for 8 weeks



WHAT:

- Learn the mechanics of biking as well as caring for your bicycle— we will provide bicycle
- Leisure bicycle riding, not focused on speed or distance
- Try a new way to improve mental health symptoms
- Explore Belleville as a group on bicycles

WHEN:

Thursdays from 12:30—2:00 pm
May 11—June 29

WHERE:

Meet at Unit 1—161 Bridge Street West, Belleville

ADVANCE REGISTRATION REQUIRED

For more information or to register, please call [613-962-0000](tel:613-962-0000)

Please Note:

*This program is being offered with appropriate safety precautions due to COVID-19.
Group programs may be cancelled with short notice due to COVID-19.*



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Website: www.bqwchc.com