

BREAKFAST OF CHAMPIONS 2022

1ST & 3RD FRIDAYS FROM 9:30-11:00 AM



- WHAT: DROP BY and pick up a hot and delicious take-away breakfast.
- WHEN: 1st and 3rd Friday of each month from 9:30—11:00 am May 6th and 20th June 3rd and 17th

WHERE: 161 Bridge St. West, Unit One, Belleville

FREE & Open to Everyone in the Community!

Registration is not required

Just DROP BY, or for more information, call 613-962-0000

Please Note:

Health & Wellness

Group programs may be

Like us on Facebook!

cancelled with short notice due to COVID-19

Follow us on Instagram!

Website: www.bqwchc.com