



Health & Wellness

QUINTE WEST HOT MEAL PICK-UP

2nd and 4th Friday of the month from 2:30—3:30 pm



WHAT: DROP BY and pick up a healthy and delicious hot take-away meal. Registration is not required.

WHEN: 2nd and 4th Friday of each month
from 2:30—3:30 pm
September 9th & 23rd

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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