

Drop-in—Belleville Indoor Walking

Tuesdays at 6pm

Cold and slippery outside?
Join us for a walk indoors!



- WHAT:** Meet once a week to walk the Hallways of a local school.
Get some exercise and connect with others!
- WHEN:** Tuesdays from 6:00—7:15 pm
January 10 — April 18, 2023
No group March 14, 2023
- WHERE:** Centennial Secondary School , 160 Palmer Road, Belleville
Come through the main doors. Follow the signs to **Room 129**.
Encouraged to bring a pair of shoes to wear when walking indoors.

FREE & Open to Everyone in the Community!

Facilitated by BQWCHC Volunteers

**Drop by on Tuesday at 6 pm or for more information, please call
613-962-0000 and press 0 for Reception**

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.

