



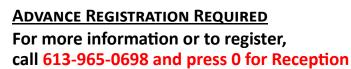
Quinte West Qigong Group

Wednesdays at 9:00 am—Start May 11th

Join us for a peer-led movement practice. Ages 18+

- WHAT: Experience safe, gentle and relaxing ways to strengthen, stretch and balance the body.
- WHEN: Wednesdays from 9:00—9:45 am May 11 to June 29, 2022
- WHERE: May QW Site, 69 Catherine Street June - To be determined

FREE & Open to Everyone in the Community! Facilitated by BQWCHC Volunteers



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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