

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

ADVANCE REGISTRATION REQUIRED

**For more information or to register,
call 613-965-0698 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.



Health & Wellness



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Website: www.bqwchc.com