

## Drop in—Belleville Seated Exercise Group

1st and 3rd Fridays at 1:30 pm

Join us for a peer-led seated exercise group.

Ages 18+

Experience safe, gentle and

WHAT: fun ways to exercise your

body.

1st and 3rd Fridays from

WHEN: 1:30—2:30 pm

April 21; May 5 & 19 and June 2 & 16, 2023

No group April 7

WHERE: Belleville Site, 161 Bridge Street West, Unit

One

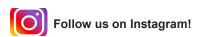
FREE & Open to Everyone in the Community!
Facilitated by BQWCHC Volunteers

Drop by 1st and/or 3rd Fridays at 1:30 pm, or for more information 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.





Website: www.bgwchc.com



