

# 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+

**WHAT:** Experience safe, gentle and fun ways to exercise your body.



**WHEN:** 1st and 3rd Fridays from  
1:30—2:30 pm  
Dec. 16, 2022 NO group December 2.

**WHERE:** Belleville Site, 161 Bridge Street West

**FREE & Open to Everyone in the Community!**

**Facilitated by BQWCHC Volunteers**

**Drop by 1st and/or 3rd Fridays, 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.*



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Website: [www.bqwchc.com](http://www.bqwchc.com)



Health & Wellness