

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

Jan. 6 & 20, Feb. 3 & 17, and Mar. 3 & 17, 2023

WHERE: Belleville Site, 161 Bridge Street West, Unit

One

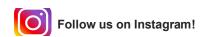
FREE & Open to Everyone in the Community!
Facilitated by BQWCHC Volunteers

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.bqwchc.com

