



# Drop in—Belleville Seated Exercise Group

**2nd and 4th Tuesdays 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:** 2nd and 4th Tuesdays from 1:30—2:30 pm  
July 12 & 26 and August 9 & 23, 2022

**WHERE:** Belleville Site, 161 Bridge Street West, Unit 1

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

**Facilitated by BQWCHC Volunteers**

**Drop by 2nd or 4th Tuesday 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)