



Belleville Seated Exercise Group

2nd and 4th Tuesdays at 1:30 pm—Start May 10th

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
May 10, 24; June 14, 28, 2022

WHERE: Belleville Site, 161 Bridge Street

FREE & Open to Everyone in the Community!

Facilitated by BQWCHC Volunteers

ADVANCE REGISTRATION REQUIRED

For more information or to register, 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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