

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
Nov. 4 & 18 and Dec. 2 & 16, 2022

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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Follow us on Instagram!

Website: www.bqwchc.com



Health & Wellness