



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
Sept. 13 & 27, Oct. 11 & 25, Nov. 8 & 22 and Dec. 13, 2022 **NO Group on Dec. 27.**

WHERE: Belleville Site, 161 Bridge Street West

FREE & Open to Everyone in the Community!

Facilitated by BQWCHC Volunteers

Drop by 2nd and/or 4th Tuesdays, 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