



Community Wellness

Drop In—Belleville Walking Club

TUESDAYS at 10:30 am

WHAT: Join our volunteer to get some fresh air, exercise, and connect with others!

WHEN: Tuesdays from 10:30 -11:30 am
April 4 until June 27, 2023

NEW Meeting Location

WHERE: Shirley Langer Recreational Trail
Herchimer and Keegan Pkwy,
Belleville

Meet in front of arch.

Group meets shine or a little rain.



FREE & Open to Everyone in the Community!

Facilitated by BQWCHC Volunteers.

**Drop by on Tuesday at 10:30 am 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