



Community Wellness

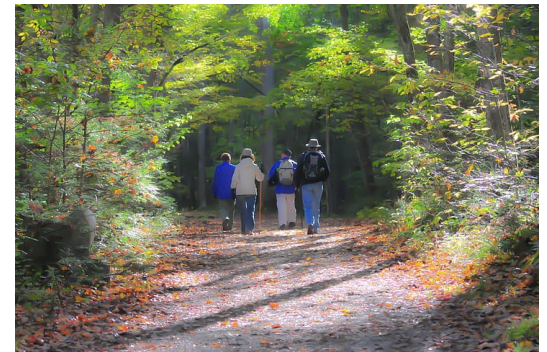
Drop In—Belleville Walking Club

TUESDAYS at 9am

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

WHEN: Tuesdays from 9-10 am
July and August, 2022

WHERE: Jane Forrester Park (at the waterfront)
Meet behind the Canteen Building by the bench near the washrooms at the bottom of George St., Belleville
Group meets shine or a little rain.



FREE & Open to Everyone in the Community!

Facilitated by BQWCHC Volunteers.

Drop by Tuesday at 9 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