



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  
July 4 until September 26, 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.

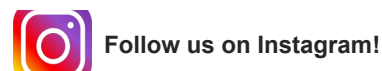
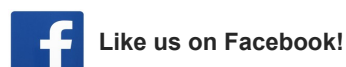


**FREE & Open to Everyone in the Community!**

**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.*



Website: [www.bqwchc.com](http://www.bqwchc.com)