



Community Wellness

# Quinte West Walking Club

**Tuesdays & Thursdays at 10 am**

- WHAT:** Join our volunteer to get some fresh air, exercise, and connect with others!
- WHEN:** Tuesdays and Thursdays from 10-11am  
Starting April 5 until June 30, 2022
- WHERE:** 69 Catherine St., Trenton  
**(NEW LOCATION!)**  
at Belleville and Quinte West Community Health Centre



**FREE & Open to Everyone in the Community!**  
Facilitated by BQWCHC Volunteers

**ADVANCE REGISTRATION REQUIRED**

For more information, please email [damon90000@gmail.com](mailto:damon90000@gmail.com)  
To register, please call **613-965-0698** 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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