



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

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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Website. www.bqwchc.com