



Community Wellness

Drop In—Quinte West Walking Club

Tuesdays & Thursdays at 10 am - NEW Time

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

WHEN: Tuesdays and Thursdays from 10-11am
Starting April 4 until June 29, 2023

There will be no group on Apr 25, May 23, and June 27.

WHERE: 69 Catherine St., Trenton
at Belleville and Quinte West
Community Health Centre
Meet on Catherine Street sidewalk in
front of Centre.

Group meets shine or a little rain.

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

**Drop by Tuesday or Thursday at 10 am. For more information,
email damon90000@gmail.com or 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

