

Drop In—Quinte West Walking Club

Tuesdays & Thursdays at 1 pm

Join our volunteer to get some fresh air, exercise, and connect

WHAT: with others!

Tuesdays and Thursdays from 1-2pm Starting January 3 until

March 30, 2023

WHEN: There will be no group on Jan.

24, Feb. 28, and Mar. 28.

69 Catherine St., Trenton at Belleville and Quinte West

WHERE: Community Health Centre

Meet on Catherine Street sidewalk in front of Centre.

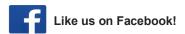
Group meets shine or a little rain.

FREE & Open to Everyone in the Community!

Facilitated by BQWCHC Volunteers.

Drop by Tuesday or Thursday at 1pm. 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





Follow us on Instagram!