



Community Wellness

# Drop In—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 July 5 until September 29, 2022

**WHERE:** 69 Catherine St., Trenton **(NEW LOCATION!)**  
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](mailto: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](http://www.bqwchc.com)