

Drop in—Belleville Seated Exercise Group

1st and 3rd Fridays at 1:30 pm

Join us for a peer-led seated exercise group.

Ages 18+

WHAT: Experience safe, gentle and fun ways to exercise your body.

WHEN: 1st and 3rd Fridays from
1:30—2:30 pm
April 4, May 2 & 16 and
June 6 & 20, 2025
There is no group April 18.



WHERE: Belleville Site, 161 Bridge Street West, Unit One



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

Drop by 1st and/or 3rd Fridays at 1:30 pm, or for more information call **613-962-0000** and **press 0 for Reception**



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Website: www.bqwchc.com