

BELLEVILLE - POLE WALKING INSTRUCTION

LOOKING FOR A FUN AND EASY WAY TO STAY ACTIVE AND ENJOY OUTDOORS?

JOIN US FOR A FREE 3-WEEKS SERIES TO LEARN POLE WALKING TECHNIQUE AND WALK ALONGSIDE OTHERS IN OUR COMMUNITY



TUESDAYS: JUNE 3, 10&17



9:30AM - 10:00AM INSTRUCTION

10:00AM-11:00AM DROP IN WALKING GROUP



JANE FOSTER PARK, BOTTOM OF GEORGE STREET,
BELLEVILLE

FOR MORE INFORMATION OR TO REGISTER, PLEASE CALL ELAINE AT 613-962-0000, EXT. 217 OR EMAIL RADWAYE@BQWCHC.COM

FREE & OPEN TO EVERYONE IN THE COMMUNITY!



Belleville and Quinte West
Community
Health Centre