

# Drop In—Quinte West Walking Club

**Tuesdays & Thursdays at 10 am**

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

**WHAT:**

Tuesdays and Thursdays from  
10-11am  
Starting July 3 until September  
25, 2025  
No group July 1.

**WHEN:**

Belleville and Quinte West  
Community Health Centre  
69 Catherine Steet, Trenton

**WHERE:**

Meet on Catherine Street sidewalk in front of Centre  
and then take a walk in the community.  
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**



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