

Drop In—Quinte West Walking Club

Tuesdays & Thursdays at 1 pm

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

WHEN: Tuesdays and Thursdays from 1-2 pm
Tues. January 6 & Thurs. January 8 to
Tues. March 17 & Thurs. March 26,
2026

No group Jan. 27, Feb. 24 & Mar. 24.

WHERE: Belleville and Quinte West
Community Health Centre
69 Catherine Street, Trenton

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 or call **613-965-0698, ext. 217.**



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Website. www.bqwchc.com