

# Belleville WALKING

## DROP IN

**FIRST and THIRD TUESDAYS  
July 7, 21 and August 4, 18,  
2026 from 10:00-11am**

Join our volunteers to enjoy  
some fresh air, exercise, and  
connect with others!

**Where: Jane Forrester Park  
(at the Waterfront), Bottom of  
George Street, Belleville - Meet  
beside the building near the  
washrooms.**

**For more information, call  
613-962-0000, ext. 217.**



Belleville and Quinte West  
Community  
Health Centre