

# Quinte West

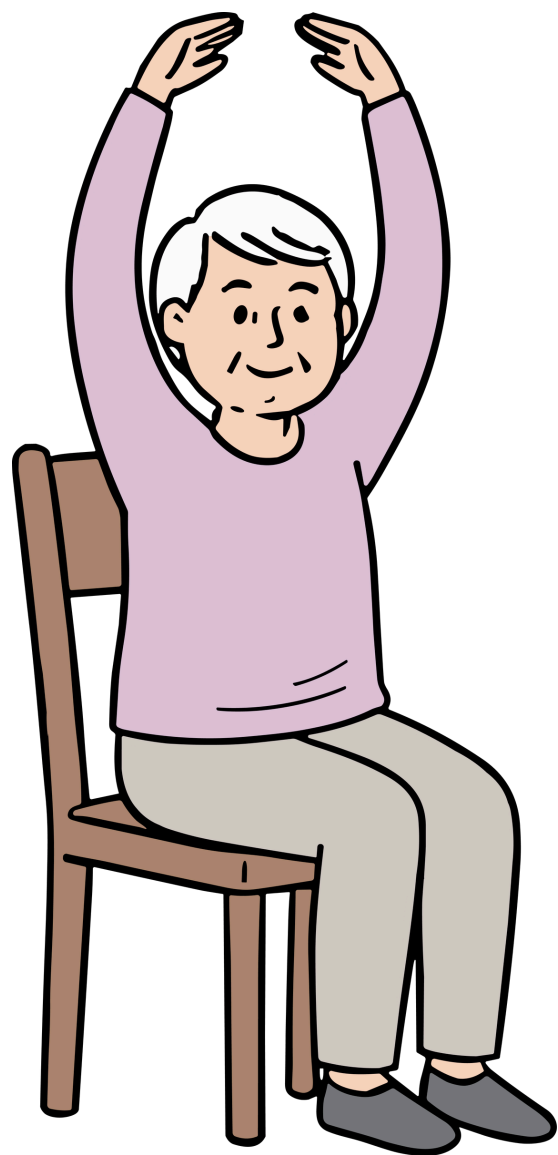
# SEATED EXERCISE

First and Third Wednesdays

July and August 2026

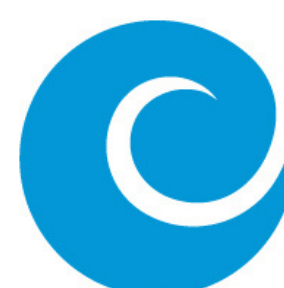
**from 9:30 - 11 am**

Join us for safe, gentle  
and fun ways to  
exercise your body.



**69 CATHERINE ST.  
TRENTON, ON**

Drop by or for more  
information, call  
613-965-0698, ext. 217 .



Belleville and Quinte West  
Community  
Health Centre