

# Quinte West

# WALKING

**DROP IN**

**TUESDAYS and THURSDAYS**

**July, August and**

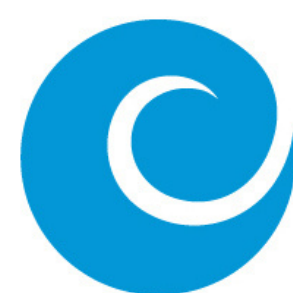
**September 2026**

**from 10:00-11am**

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

**Meet on sidewalk in front of Centre  
(69 Catherine St.) and then take a  
walk in the community.**

**For more information, email  
damon90000@gmail.com or call  
613-965-0695, ext. 217.**



Belleville and Quinte West  
Community  
Health Centre