

BEAT THE BLUES

cardio drumming

Move your body, lift your mood, and have some fun!
This free and accessible program uses yoga balls and drumsticks to drum along to popular music in a way that gets your heart pumping and your spirits soaring.

No experience needed — all movements can be modified to suit your physical needs.

Come connect with others, reduce stress, and beat the blues one rhythm at a time!

**Free & Open
to everyone
in the
community!**

**Registration required!
Limited spots available**

Scan the QR code or visit:
www.tiny.cc/beatbluessept

SCAN ME



**69
Catherine
Street**

Trenton:

**September 21
10:30am - 11:30am**

**161
Bridge
Street
West**

Belleville:

**September 24
1:30pm - 2:30pm**

For more info contact Alyssa:
rossa@bqwchc.com
OR 613-403-5683

