

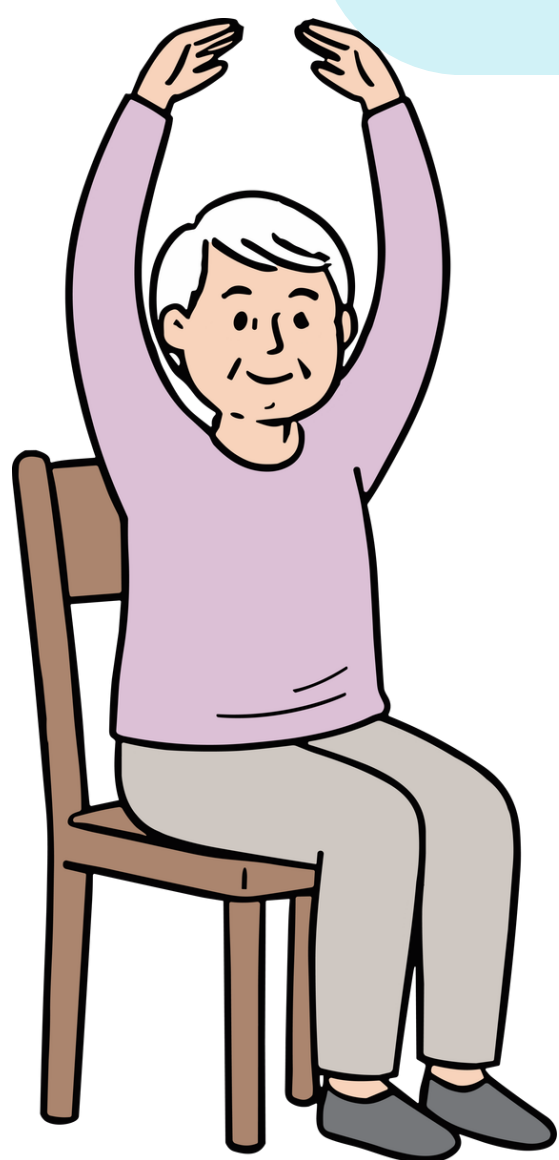
Quinte West

SEATED EXERCISE

DROP IN

First and Third Wednesdays

Dates: Sept 2, 16; Oct 7, 21;
Nov 4, 18 & Dec 16 from 10 - 11 am
No group Dec 2 **NEW TIME**



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