

Make a Change **for Better Health &** **Wellness Workshop**

Friday November 6, 2026
from 10:00am-2pm

**Bring your own lunch or help yourself
to snacks provided.**

- Learn ways (strategies) to help you achieve your personal health and wellness goals.
- Learn about making healthy good choices and ways to include regular physical activity in your life.
- Learn to put your plan in place and follow it for life.



Belleville and Quinte West
Community
Health Centre

**69 Catherine Street,
Trenon**

**For more information or to register,
please call 613-966-0698, ext. 217.**

