

Belleville

Make a Change

For

Better Health & Wellness



- WHAT:**
- Support for clients who have been given a “prescription for physical activity” in making lifestyle changes
 - Support with creating individualized health goals
 - Increase knowledge and skills in nutrition, exercise and behaviour change
 - Gain tools for life

WHEN: Thursdays from 1:30-3pm starting January 25th

WHERE: 161 Bridge Street West, Unit One, Belleville
at Belleville and Quinte West Community Health Centre

Open to clients of the Belleville Quinte West Community Health Centre

For more information, please call **613-962-0000**

Please Note: Group programs may be cancelled with short notice due to COVID-19.



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Health & Wellness