



Community Wellness

# Belleville

# Yak and Snack

2nd Friday in January, February and  
March 2024 at 1:30 pm

Join us IN-PERSON to connect with others, chat  
and enjoy a snack!

**DATE:** January 12  
February 9  
March 8



**TIME:** from 1:30-3:30 pm

**WHERE:** BQWCHC, 161 Bridge Street West, Unit 1

*let's Chat*


about your interests, what is  
happening at our Centre and in our  
community

**FREE & Open to Everyone in the Community!**

**Facilitated by BQWCHC Volunteers.**

**Drop by on the 2nd Friday of each month 1:30 pm or  
for more information:**

**Call BQWCHC at 613-962-0000 and press 0 for Reception**

 Like us on Facebook!

 Follow us on Instagram!

Website: [www.bqwchc.com](http://www.bqwchc.com)