



Community Wellness

# Create your own Charcuterie Board

**FREE - 3 afternoons at 1:00 pm**

Join our group and  
make your very own  
charcuterie board. And  
share a few laughs.

**When:** Friday September 13,  
20 & 27 from 1:00-2:30 pm

**Where:** QW Site, 69  
Catherine Street



**Seats are available on a first come basis.**

**To reserve your seat, you must book ahead.**

**For more information or to reserve your seat, call  
BQWCHC at **613-965-0698** and **press 0 for Reception**.**

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

**Facilitated by BQWCHC Volunteer**

