



# QUINTE WEST HOT MEAL PICK-UP

**2nd and 4th Friday of the month from 2:30—3:30 pm**



**WHAT:** DROP BY and pick up a healthy and delicious hot take-away meal. Registration is not required.

**WHEN:** 2nd and 4th Friday of each month  
from 2:30—3:30 pm  
October 14th & 28th  
November 11th & 25th

**WHERE:** 69 Catherine St., Trenton (**NEW LOCATION!**)  
at Belleville and Quinte West Community Health Centre  
**FREE & Open to Everyone in the Community!**

**DROP BY, or for more information, please call 613-962-0698**

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



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