

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 1:30-3pm starting October 26

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

Referral by Physician to join!

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