



# Drop in—Belleville Seated Exercise Group

**1st and 3rd Fridays at 1:30 pm**

Join us for a peer-led seated exercise group.

Ages 18+

**WHAT:**

Experience safe, gentle and fun ways to exercise your body.



**WHEN:**

1st and 3rd Fridays from  
1:30—2:30 pm

January 3 & 17; February 7 & 21 and  
March 7 & 21, 2024

**WHERE:**

Belleville Site, 161 Bridge Street West, Unit  
One



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

Facilitated by BQWCHC Volunteers

Drop by 1st and/or 3rd Fridays at 1:30 pm, or for more  
information call **613-962-0000** and **press 0 for Reception**



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Follow us on Instagram!

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