

## 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+** 

Experience safe, gentle and

WHAT: fun ways to exercise your

body.

1st and 3rd Fridays from

WHEN: 1:30—2:30 pm

October 4 & 18, November 1 & 15, and

December 6 & 20, 2024

WHERE:

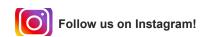
Belleville Site, 161 Bridge Street West, Unit

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





Website: www.bqwchc.com

