



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
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**



Like us on Facebook!



Follow us on Instagram!

Website: www.bqwchc.com