



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
Sept 1 & 15, Oct 6 & 20,
Nov 3 & 17 and Dec 1 & 15, 2023

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