



Community Wellness

Drop In—Belleville Walking Club

TUESDAYS at 10:30 am

WHAT: Join our volunteer to get some fresh air, exercise, and connect with others!

WHEN: Tuesdays from 10:30 -11:30 am
January 9 until March 26, 2024

No group January 2.



WHERE: **NEW Meeting Location**

Jane Forrester Park (at the waterfront)

Bottom of George Street, Belleville

Meet beside the Building near the washrooms.

Group meets shine or a little rain.

FREE & Open to Everyone in the Community!

Facilitated by BQWCHC Volunteers.

**Drop by Tuesdays at 10:30 am 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