



Community Wellness

Drop In—Belleville Walking Club

TUESDAYS at 10:00 am - NEW Time

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

WHEN:

Tuesdays from 10:00-11:00 am
January 7 to March 25, 2024

WHERE:

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 10:00 am or for more information,
call 613-962-0000 and press 0 for Reception.**



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Website: www.bqwchc.com