

Drop In—Belleville Walking Club

TUESDAYS at 10:00 am (new time)

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

WHEN: Tuesdays from 10:00 -11:00 am
July 2 to September 24, 2024

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 10:00 am 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



Community Wellness