



Community Wellness

# Drop In—Belleville Walking Club

**TUESDAYS at 10:30 am - NEW Time**

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

**WHEN:** Tuesdays from 10:30 -11:30 am  
October 1 to December 17, 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 10:30 am or for more information,  
call 613-962-0000 and press 0 for Reception.**



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Website: [www.bqwchc.com](http://www.bqwchc.com)