

Drop In—Belleville Walking Club

TUESDAYS at 11 am

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

WHEN: Tuesdays from 11am-12pm
September 6 until December 20, 2022
NO Group on Dec. 27

WHERE: Jane Forrester Park (at the waterfront)

Meet beside the Building near the washrooms, bottom of George St., Belleville
Group meets shine or a little rain.



FREE & Open to Everyone in the Community!

Facilitated by BQWCHC Volunteers.

**Drop by on Tuesday at 11 am or for more information,
call 613-962-0000 and press 0 for Reception**

Please Note: This program is being offered with appropriate safety precautions due to COVID-19. Group programs may be cancelled with short notice due to COVID-19.



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Website: www.bqwchc.com



Community Wellness