



Community Wellness

Drop In—Quinte West Walking Club

Tuesdays & Thursdays at 10 am - NEW Time

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

WHEN: Tuesdays and Thursdays from 10-11am
Starting April 2 until June 29, 2024

WHERE: 69 Catherine St., Trenton
at Belleville and Quinte West
Community Health Centre



FREE & Open to Everyone in the Community!

Facilitated by BQWCHC Volunteers.

Drop by Tuesday or Thursday at 10 am. For more information,
email damon90000@gmail.com or call **613-965-0698**
and press 0 for Reception



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Website. www.bqwchc.com