



Community Wellness

# Drop In—Quinte West Walking Club

**Tuesdays & Thursdays at 10 am**

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

**WHEN:** Tuesdays and Thursdays  
August 1 to September 29, 2024  
from 10-11am  
In October, group will meet from  
1-2pm.

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



**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](mailto:damon90000@gmail.com) or call **613-965-0698**  
and press 0 for Reception



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