



Community Wellness

Drop In—Quinte West Walking Club

Tuesdays & Thursdays at 1 pm - NEW Time

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

WHEN: Tuesdays and Thursdays from 1-2pm
January 4 until March 28, 2024

There will be no group on January 23, February 27, and March 26.

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 1 pm. 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