



# Drop In—Quinte West Walking Club

**Tuesdays & Thursdays at 1 pm**

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

**WHEN:** Tuesdays and Thursdays  
January 7 to March 27, 2025  
from 1-2pm  
There is no group January 21, February 25, March 25.

**WHERE:** 69 Catherine St., Trenton  
at Belleville and Quinte West  
Community Health Centre  
Meet on Catherine Street  
sidewalk in front of 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](mailto:damon90000@gmail.com) or call **613-965-0698**  
and press 0 for Reception



Like us on Facebook!



Follow us on Instagram!

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