



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 28, 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 or call **613-965-0698**
and press 0 for Reception



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Website. www.bqwchc.com