



Community Wellness

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 from 1-2pm
Starting October 4 until December 22, 2022

There will be no group on Dec. 27 or 29.

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 1pm. For more information,
email damon90000@gmail.com or call 613-965-0698
and press 0 for Reception**



Please Note: This program is being offered with appropriate safety precautions due to COVID-19. Group programs may be cancelled with short notice due to COVID-19



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Website. www.bqwchc.com