



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  
October 1 to December 19, 2024  
from 1-2pm

There is no group October 22, November 26, December 17.

**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



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