

Richmond Centre for Disability

Improve Strength	FUNdamantal	Group Exercise
Improve Flexibility	Skills	Form Friendship
Improve Coordination	Exercises	Active Living
Improve Muscle Tone	Glass	Social Interaction

via ZOOM C

Every Friday 1 - 2 pm



Any enquiries: Tom 604.232.2404 / tom@rcdrichmond.org

www.rcdrichmond.org