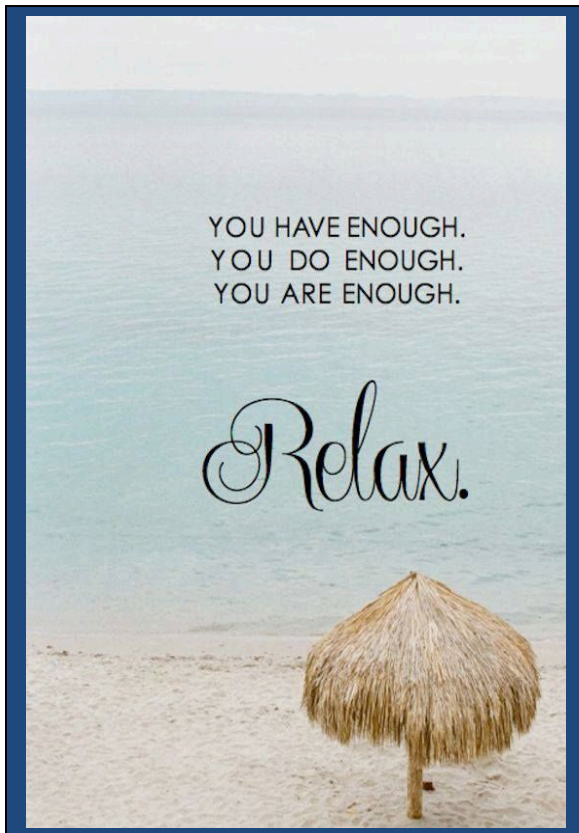




Richmond Centre for Disability

“Promoting a new perspective on disability”

Zoom into



The Relaxation Retreat

Guided Imagery

Stretching

Breathing Practice

Meditation

Qi Gong

“Stay home and relax”

Sep-Nov 2020

Mondays 11am - 12pm

Join us at zoom.us/j/3028415008

For inquiries:

rcd@rcdrichmond.org

Web: www.rcdrichmond.org

Join by

 DONATION