

RICHMOND CENTRE FOR DISABILITY



Walking Wheeling Club

The RCD Walking/Wheeling Club originally started out in 2010. We usually start our weekly walks in late April or early May for anyone interested.

Come out and get some exercise, participate, and enjoy a bit of socializing.

RCD Walking Wheeling Club

- Promotes a healthy and active lifestyle
- Allows individuals of all levels of ability to participate
- Enables participants to realize their own potential
- Helps participants gain self-confidence and earn respect from peers
- Promotes social interaction

Time and Location

Time: Tuesdays 12:30 to 2:30 pm

Venue: Leaving from RCD,
100-5671 No. 3 Road, Richmond,
BC

For more info call
Rich at 604-232-2404
or email:
rich@rcdrichmond.org

Richmond Centre for Disability
100-5671 No. 3 Road
Richmond, BC V6X 2C7
Tel: 604-232-2404
Fax: 604-232-2415
www.rcdrichmond.org