

2025

# Summer Wellness at the Market

Every Tuesday from 10 am – 4:30 pm  
In front of Brighthouse Library, Richmond

Join  
RCD

- ▶ Local Fitness Instructors &
- ▶ Community Groups
- ▶ Wellness Based Activities



*Mats will be available  
First come first serve*

Arrive early, during or after the Market for  
stretching, gentle movement, creative pursuits,  
meditation and mindfulness all Summer Long



For more info:  
Dave at 604 232 2404  
[dave@rcdrichmond.org](mailto:dave@rcdrichmond.org)

