



**Richmond Centre for Disability**

*Maximizing Independence*



# FUN RUN AND WALK

**Running Club will start  
on September 12, 2023**

**8 sessions every  
Tuesday and Thursday  
meet at  
RCD Hub**

**Time: 1:00pm-2:00pm**

**Promotes healthy living**

**Warm up techniques, jogging, running**

**Participants are given opportunities to  
train and join BMO 2024 8K run.**

**Free of Charge**

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