



Richmond Centre for Disability

“Promoting a new perspective on disability”

INVISIBLE ILLNESS AWARENESS WEEK

ACTIVITY SCHEDULE for SEPTEMBER 10—14, 2012

ACTIVITIES	MONDAY Sept 10	TUESDAY Sept 11	WEDNESDAY Sept 12	THURSDAY Sept 13	FRIDAY Sept 14
10 a.m. WAKE UP FOR HEALTH EXERCISES	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises
11 a.m. WELLNESS ACITIVITY	Laughter Yoga	Qi-Gong Introduction	Medical Qi-Gong Basics	Chair Tai Chi	Laughter Yoga
12:30 p.m. LEARNING @ LUNCH	Rieki Energy Healing Technique	Massage Therapy Association of BC	Arthritis 101	Living Well with Chronic Health Conditions	On the Horizon: New Research on Pain Relief
1:30 p.m. ENRICHMENT PRESENTATION	Daily Eating & Diet for Pain Reduction	9 Lives Adventures	Gadget Hour	Emotional Freedom Technique	Resources for Career Development
2:30 p.m. “TAKE A BREATH & REALLY ENJOY IT” STRESS REDUCTION ACTIVITIES	Guided Imagery & Breathing Practice	Breathing Relaxation	Guided Imagery & Breathing Practice	Affirmations & Positive Thoughts	Guided Imagery & Breathing Practice
3:30 p.m.	Networking & RCD Mini Open House				