



Richmond Centre for Disability

Wellness CONNECTION

New

Your RCD Wellness Hour

Jan 20 – Mar 31; Wednesday
3 pm - 4 pm

- ➔ A sharing platform if you enjoy sharing your stories and thoughts
- ➔ A social setting if you like listening to others
- ➔ A fun time for some ice-breaker activities
- ➔ Gentle stretching, relaxing and motivational music
- ➔ Facilitated by RCD staff

via **zoom** 

ID: 3028415008

Password: 1234

Tips for joining Zoom-in Meeting:

you can disable your video if you don't want to be seen,
and/or mute your microphone if you don't want to be heard.

[Click here to view: How to Join Zoom Meeting.](#)

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