

Participation Information

- Fill out the Membership Form
- Sign up for meetings at the RCD front desk
- Drop-off and pick-up at the scheduled site
- Contact Rich or Serena if available to attend

2008 July to August Term

Schedule: July 14th to August 25th

Please note that there will be no meeting on August 4th

Time: Mondays 10:00 to 12:00 PM

Location: Please refer to the schedule

For more info call
Rich or Serena 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

RICHMOND CENTRE FOR DISABILITY



Walking and Wheeling Club

Walking is an activity that is often overlooked despite its proven role in losing weight, preventing diseases and improving moods.

People of all abilities have realized and appreciated this leisure activity for its role in improving mental and physical well-being as well as promoting a sense of belonging through interaction with the community.

July – August 2008 Schedule

Date

July 14th to August 25th
Monday mornings
10:00 am – 12:00 pm



Venue

- July 14th AND July 21st
Bath Slough Trail – meet outside
East Richmond Community Hall
12360 Cambie Road, Richmond
- August 11th AND August 18th
West & South Dyke Trails – meet
at Garry Point Park (by the
concession stand)
12011 7th Avenue, Richmond
- August 25th
McCallan Road Trail – meet at the
Thompson Community Centre
5151 Granville Avenue, Richmond

RCD Walking and Wheeling Club

- Allows individuals of all levels of mobility to participate
- Promotes a healthy lifestyle through moderate activity
- Increases awareness of the surrounding environment
- Encourages social interaction

What to Bring

Yourself

Hat

Weather appropriate clothing

Sunscreen

Water

Light Snack

