



Richmond Centre for Disability
Maximizing Independence



BMO 8KM FUN RUN AND WALK

Promotes healthy living
Warm up techniques, jogging, running
Participants are given opportunities to
train and join BMO 2024 8K run.

Running Club will
start from
March - April,
2024

every Tuesday and
Wednesday
4:30pm-6:00pm

Free of Charge

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