

Richmond Wellness Clinics 55+



*Take
Charge
of your
Health*

The following services vary at each site so please call each centre directly to find out what is being offered. Refunds for withdrawals are permitted up to 3 days prior to the clinic.

Health Information and Education

Clinics offer information on a wide range of programs, services and support specifically for seniors 55+ in Richmond and may include:

- Health and wellness workshops
- Information and referral services from multi-lingual volunteers
- Booths hosted by local organizations and businesses

Holistic Health and Wellness Options

Experience these and other holistic options for a set fee and by appointment only.

- Hand and Foot Care Treatments
- Reflexology
- Chair Massage
- Shiatsu
- Reiki
- Therapeutic Touch

Prevention Services and Health Monitoring

Retired nurse volunteers are available to take your blood pressure and discuss any health concerns with you.

- Free Health Passport record book
- Pharmacy consultations and medication reviews
- Blood glucose and blood cholesterol checks

Contact Seniors Services at seniors@richmond.ca
or call **604-238-8450** for more information.

Richmond Wellness Clinics 55+



Connect
with your
Community

Registration opens on the day of the current wellness clinic for the next month's wellness clinic. Registration times vary by location.

Beth Tikvah—Kehila Society of Richmond

9711 Geal Road

Tel: 604-271-1973

3rd Monday of the month

10:00 a.m. – 12:00 p.m.

City Centre Community Centre

5900 Minoru Boulevard

Tel: 604-204-8588

1st Thursday of the month

9:00 a.m. – 2:00 p.m.

East Richmond Community Hall

12360 Cambie Road

Tel: 604-238-8399

2nd Wednesday of the month

9:00 a.m. – 1:00 p.m.

The Seniors Centre at Minoru Centre for Active Living

7191 Granville Ave

Tel: 604-238-8450

3rd Wednesday of the month

9:00 a.m. – 12:00 p.m.

South Arm Community Centre

8880 Williams Road

Tel: 604-238-8060

2nd Friday of the month

9:00 a.m. – 2:30 p.m.

Steveston Japanese Canadian Cultural Centre

4255 Moncton Street

Tel: 604-718-8098

1st Wednesday of the month

9:00 a.m. – 12:30 p.m.

Thompson Community Centre

5151 Granville Street

Tel: 604-238-8429

4th Thursday of the month

9:00 a.m. – 1:00 p.m.

West Richmond Community Centre

9180 No. 1 Road

Tel: 604-238-8431

4th Wednesday of the month

12:00 p.m. - 3:00 p.m.