

be at the
centre

FREE

Brain Health Workshops

Learn about brain health in this workshop series offered in partnership with Vancouver Coastal Health and Richmond Addiction Services Society. Registration required.

Meditation Made Easy

Meditation plays a key role in cooling the fires of stress and anxiety and calming the mind. It has a scientifically beneficial effect on mental and physical health!

Tues, Sept 11, 2018, 1:30pm to 3:30pm

Barcode #2622892

Pain Management

Learn about various techniques used to relieve your persistent pain and develop a plan for better management and quality of life.

Tues, Sept 25, 2018, 1:30pm to 3:30pm

Barcode #2622942

Addiction & the Aging Brain

Learn about the effects of substance use as our brain ages, the roots of addictive behaviours and how to prevent them and support a loved one.

Tues, Oct 9, 2018, 1:30pm to 3:30pm

Barcode #2622992

Controlling Emotions

Learn how to work with our emotions to process life's challenges and to better adapt to change.

Tues, Oct 23, 2018, 1:30pm to 3:30pm

Barcode #2623092

Introduction to Brain Health

Actively engage in protecting and maintaining your brain by learning strategies and setting goals for improving the health of your mind, body and spirit.

Tues, Nov 6, 2018, 1:30pm to 3:30pm

Barcode #2623192

Music and the Brain

Learn how music can help promote relaxation, ease stress, improve memory, and increase energy.

Tues, Nov 20, 2018, 1:30pm to 3:30pm

Barcode #2623342

Location: City Centre Community Centre
5900 Minoru Blvd, Richmond, BC

3 WAYS TO REGISTER



PHONE
604-276-4300

Call and press "2" to speak to a Customer Service Representative.
Monday - Friday
8:30am - 5:30pm



ONLINE

www.richmond.ca/register
Log on any time and use our online interactive guide (www.richmond.ca/guide).
24 hours a day
7 days a week



IN-PERSON

Drop-in and register at any location.

Vancouver Coastal Health
Promoting wellness. Ensuring care.

RASS Richmond
Addiction
Services
Society


CITY CENTRE
COMMUNITY ASSOCIATION

City Centre Community Centre

5900 Minoru Boulevard

www.richmond.ca/citycentre | 604-204-8588


Richmond