

# RELAX, RECHARGE, RESET WORKSHOPS

Presented by **Richmond Family & Friend Caregiver Hub**

Please call 604-279-7099 or email [caregovernavigator@rcrg.org](mailto:caregovernavigator@rcrg.org) for registration or inquiries.



These free workshops are to promote the health and well-being of unpaid caregivers in Richmond. Caregivers, as well as those they support, are welcome to attend.

2022 Feb-Apr ZOOM Workshops					
No.	Date	Time	Topic	Speaker	Language
1	First Fridays: Feb 4/Mar 4/Apr 1	10:00-11:00 AM	Arm Chair Yoga	Neelu Kang	English
2	Second Wednesdays: Feb 9/ Mar 9/Apr 13	10:00-11:00 AM	Exercise Together at Home	Elaine Chan	English
3	Fourth Wednesdays: Feb 23/ Mar 23/Apr 27	10:00-11:00 AM	Exercise Together at Home	Elaine Chan	Cantonese
4	Thursdays in February: Feb 3, Feb 10, Feb 17	10:00-11:30 AM	Mental Wellness-3 Sessions	Denise Perron	English
5	Feb 22 (Tuesday)	1:30-3:00 PM	Healthy Caregiving & Caregivers	Elaine Chan	English/ Cantonese
6	Mar 3 (Thursday)	1:00-2:30 PM	Fall Prevention	Cindy Liu	English
7	Mar 9 (Wednesday)	7:00-8:30 PM	DIY Beaded Mask/Glasses Chain	Rachel Qian	English
8	Mar 10 (Thursday)	10:00-11:30 AM	DIY Roses for Your Loved Ones	Shirley Yang	Mandarin
9	Mar 17 (Thursday)	2:00-3:30 PM	Tips for Senior Drivers	Harvey Kooner	English
10	Mar 24 (Thursday)	1:30-3:00 PM	Ageless Wisdom Safety- Fraud Prevention	Sylvia Chan	English/ Cantonese
11	Apr 7 (Thursday)	10:00-11:30 AM	DIY Reusable Grocery Bag	Shirley Yang	Mandarin
2022 Feb-Apr In-person Workshops at Richmond Caring Place (7000 Minoru Blvd.)					
No.	Date	Time	Topic	Speaker	Language
12	Feb 15 (Tuesday)	10:00 AM- 12:00 PM	First Aid Basics	Manjit Singh	English
13	Fridays: Feb 25/Mar 11	2:00-4:00 PM	Chinese Calligraphy Class	Wai Yin Lau	Cantonese
14	Feb 28 (Monday)	10:00 AM- 12:00 PM	Make Your Own Scented Candles	Shirley Yang	Mandarin
15	Mar 23 (Wed)	2:00-3:30 PM	DIY Mask/Eyeglasses Chain	Rachel Qian	English

\* Due to the changing of pandemic situation and policies, our in-person workshops are subject to change.

\* For art workshops, contact us to pick up a material kit for free.

*Scan for workshops details*



**United Way**  
Healthy Aging



**Family Caregivers**  
of British Columbia

