

# Richmond Wellness Clinics 55+



*Take  
Charge  
of your  
Health*

The following services and offerings vary at each site so please call each centre directly to find out what is being offered.

## Health Information and Education

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

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

## Holistic Health and Wellness Options

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

- Hand & 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 & medication reviews
- Blood glucose and blood cholesterol checks

Contact Seniors Services at [seniors@richmond.ca](mailto:seniors@richmond.ca)  
or call 604-238-8450 for more information.

# Richmond Wellness Clinics 55+



*Connect  
with your  
Community*

## **Beth Tikvah—Kehila Society of Richmond**

9711 Geal Road

Tel: 604-271-1973

*3<sup>rd</sup> Monday of the month*

10:00 a.m. – 12:00 p.m.

## **City Centre Community Centre**

5900 Minoru Boulevard

Tel: 604-204-8588

*1<sup>st</sup> Thursday of the month*

9:00 a.m. – 12:00 p.m.

## **East Richmond Community Hall**

12360 Cambie Road

Tel: 604-238-8399

*2<sup>nd</sup> Wednesday of the month*

9:00 a.m. – 12:30 p.m.

## **Minoru Place Activity Centre**

7660 Minoru Gate

Tel: 604-238-8450

*3<sup>rd</sup> Wednesday of the month*

9:00 a.m. – 12:00 p.m.

## **South Arm Community Centre**

8880 Williams Road

Tel: 604-238-8070

*2<sup>nd</sup> Friday of the month*

9:00 a.m. – 12:30 p.m.

## **Steveston Japanese Canadian Cultural Centre**

4255 Moncton Street

Tel: 604-718-8098

*1<sup>st</sup> Wednesday of the month*

9:00 a.m. – 12:00 p.m.

## **Thompson Community Centre**

5151 Granville Street

Tel: 604-238-8429

*4<sup>th</sup> Thursday of the month*

9:00 a.m. – 12:00 p.m.

## **West Richmond Community Centre**

9180 No. 1 Road

Tel: 604-238-8405

*4<sup>th</sup> Wednesday of the month*

10:00 a.m. – 2:00 p.m.