

Richmond Wellness Clinics 55+



*Take Charge
of your
Health*

Clinics offer information on a wide range of programs, services and supports specifically for Richmond seniors (55+ years) and may include:

Health Information and Education (Drop-in)

- Information and referral services from multilingual volunteers
- Booths hosted by local organizations and businesses

Prevention Services and Health Monitoring (Drop-in)

- Blood pressure checks with retired volunteer nurses
- Blood glucose checks with local pharmacy staff

Treatments (Registration required)

- Foot Care with a Licensed Foot Care Nurse (for a fee)*
- Reflexology or Shiatsu with a Holistic Health Practitioner (for a fee)*
- Chair massage with a Registered Massage Therapy student (free)**

*3 ways to register (see back of card)

**In-person or phone registration only

Call each centre directly to confirm the services offered at each site.

Refunds for withdrawals are permitted up to three days prior to the clinic.

richmond.ca/seniors



Richmond Wellness Clinics 55+



Connect
with your
Community

Registration opens on the day of the current Wellness Clinic for the next month's Clinic. For Foot Care treatments, registration opens two months prior.

City Centre Community Centre

5900 Minoru Boulevard

Tel: 604-204-8588

1st Thursday of the month

10:00am – noon

East Richmond Community Hall

12360 Cambie Road

Tel: 604-238-8399

2nd Wednesday of the month

9:30am – noon

Minoru Centre for Active Living (Seniors Centre)

7191 Granville Ave

Tel: 604-238-8450

3rd Wednesday of the month

10:00am – noon

South Arm Community Centre

8880 Williams Road

Tel: 604-238-8060

2nd Friday of the month

9:30 – 11:30am

Steveston Japanese Canadian Cultural Centre

4255 Moncton Street

Tel: 604-238-8084

1st Wednesday of the month

9:00am – noon

Thompson Community Centre

5151 Granville Avenue

Tel: 604-238-8422

2nd Monday of the month

9:30 – 11:30am

3 ways to register

- richmond.ca/register
- 604-276-4300
Mon - Fri,
8:30am - 5:00pm
- In-person at any
community facility

