

# Feeling Rested and Energized

Cover easy steps that can be done daily to feel restored and full of energy and receive simple yet powerful tips on increasing vitality, digestion and mental focus. This presentation is led by a doctor and includes time for questions.

Registration Required.

**Wednesday, May 15**

**1:00 PM - 2:15 PM**

**(1 Session)**

**COST: FREE**

**Barcode #2725140**

**Age: 55+**

## **3** Ways to Register

- 1 Internet:**  
[www.richmond.ca/register](http://www.richmond.ca/register)
- 2 Registration Call Centre:**  
Mon-Fri, 8:30 am-5:30 pm  
604-276-4300
- 3 In Person:**  
During facility hours



South Arm Community Centre  
8880 Williams Road  
604-238-8060



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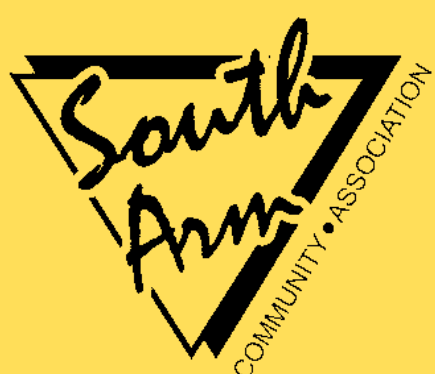
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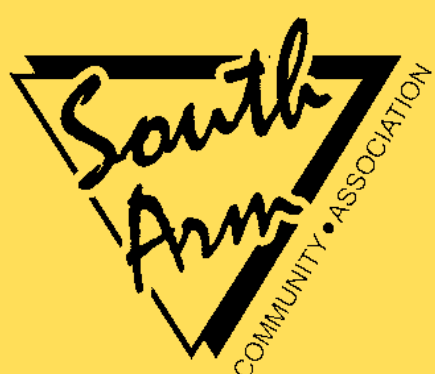
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