

CHAIR MYO STRETCH EXERCISE GROUP FOR SENIORS



SPEAKER:
ALICE CHENG

(DOMP, R. TCMP, R. AC, IAYT & MYT)

OPEN TO SENIORS 65+

WHO ARE PERMANENT RESIDENTS & CONVENTION REFUGEES
PRIORITY FOR SENIORS WHO
HAVE NOT ATTENDED THIS PROGRAM BEFORE.

Date: July 17, 24, 31 & August 7, 14, 21 (Fridays)

Time: 11:00 a.m. - 12:00 p.m.

**** Please arrive 15 mins early ****

Location: Welcome Centre Richmond Hill

Language: Mandarin

Join us for this six-session group to learn simple exercises that help prevent chronic conditions such as diabetes, Parkinson's disease, and osteoporosis.

Live on-site exercise demonstrations!



Registration: bit.ly/chairmyo

For inquiries, call 905-305-4113 or email
Shirley.Leung@welcomecentre.ca



SCAN QR CODE



Welcome Centre - Richmond Hill

9325 Yonge Street (South Hill Shopping Centre)
Richmond Hill, ON L4C 0A8
Toll-free: 1-877-761-1155

www.welcomecentre.ca

York Region Transit Routes:

- 85 RUTHERFORD/16TH
- 99 YONGE or VIVA BLUE



肌筋膜伸展运动小组



讲者: 郑心依医师

安省认可整骨治疗师 (DOMP)
注册中医师及针灸师 (R.TCMP, R.AC)
国际瑜伽治疗师 (IAYT) 及高级瑜伽教师 (MYT)

对象为65岁或以上长者
并为永久居民或公约难民

未曾参与过此小组的长者优先

日期: 2026年7月17, 24, 31日
及 8月7, 14, 21日(星期五)

时间: 上午11:00 - 中午12:00 (请于上午10:45到达)

地点: 烈治文山迎新中心

语言: 普通话

在这6节的小组, 大家会一同练习伸展运动来预防长期病症, 如糖尿病, 帕金森症, 骨质疏松等
配有现场运动示范 (请穿着合适衣服)



报名: bit.ly/chairmyo
咨询 请致电905-305-4113 或 发送电子邮件至
Shirley.Leung@welcomecentre.ca



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