



Lifestyle Recreation Ages 18+

We are excited to offer 10 weeks of our 'Lifestyle Recreation' programming that will offer a variety of experiences in several diverse activities that will give the participants an opportunity to practice and improve their social skills and self esteem as well as many important life skills.

The activities include: *yoga and meditation, health and lifestyle choices, motor skills, meal preparation, life skill math, music, arts, science, and literacy learning activities.*

This program also offers a full lunch of which the group prepares together with careful consideration of dietary needs.

This program is run by our skilled Recreation Therapist(s) to identify other areas of needs, abilities, strengths and interests on an individual and group needs for future programming ideas.

The ratio of this program is 1:5

Various Locations

9:00am-4:00pm

Cost \$550.00+ HST, per participant (for all 10 sessions)

Includes snacks and the meal prepared

For more information: www.recrespite.com

Registration only: 1-877-855-7070 or recreative@recrespite.com

Space is Limited!