

RecreACTIVE!

Therapeutic Recreation Programs

Cooking Class

The Cooking class strives to offer a therapeutic recreation approach to the life skill of cooking independently. It is aimed at providing the sense of role and worth through independent choice making in meal planning and preparing, cooking and food safety and self-care skills. To support a healthy active lifestyle.

Participants will learn essential tips regarding nutrition, hydration, various meal choices (breakfast, lunch and dinner), money management and grocery shopping through a variety of peer to peer and independent support and independent goals will be set.



Duration of each class is 2 hours 1X week for 6 weeks= 12 hours

Location: to be determined

Start Date: May 2013

Call us for more information.



recreational
respite

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