



## Lifestyle Recreation Ages 16+

This group identifies the importance of talking about and putting into practice, making choices.

Participants will discuss and engage in activities revolving around making choices in life and be able to identify the best choice of action in given circumstance and identify some positive and negative consequences of their choices.

**The activities involved include:** *arts and mixed media, sports and movement, science, yoga and wellness, health and lifestyle choices, snack preparation, life skill math, music, and literacy learning activities.*

**Topics will include:** *breaking the law, alcohol and drugs, sexual health, personal safety, finances, and healthy eating.*

This program is run by our skilled Recreation Therapist(s) and is an integrated program that promotes inclusion for all participants of all needs, interests and abilities.

### **Parkholme SS**

10750 Chinguacousy Rd, Brampton, ON

6:00pm - 7:30pm

Tuesdays: October 25- December 13, 2016

Cost **\$215.00** (for all 8 sessions)

\*Includes snacks prepared\*

Registration only 1-877-855-7070 or [recreactive@recrespita.com](mailto:recreactive@recrespita.com)

Visit us for more information: [www.recrespita.com](http://www.recrespita.com)

*Space is Limited!*