

Recreation is an *essential* service for health and wellness.



ü **Functional Intervention**

To maintain and/or improve functional abilities, enhance well-being and facilitate independence.

ü **Leisure Education**

To teach or enhance recreation skills and attitudes that can be used throughout life.

ü **Recreation Participation**

To promote personal health and growth.
Recreation services and leisure experiences help people improve or maintain resident's physical, spiritual, cognitive, social or emotional abilities enhancing their quality of life.

Recreation Is...

- **Empowering**
- **Dynamic**
- **Treatment, Education & Purposeful Recreation**
- **Fun**
- **For People with Unique Leisure Needs**



- **About Quality of Life**
- **Facilitating Leisure Lifestyles**
- **Practiced by Recreation Professionals**
- **Person Centered Approach**
- **About Mind, Body, and Spirit**