

# Grow and Thrive!

## Wellness & Skills-Building Groups

Join our therapeutic programs to enhance communication, physical development, and teamwork skills. Led by experienced therapists, each session offers a supportive environment for growth and learning. Open to all in the designated age groups, these programs can complement other Therapy services.

## Nourish & Flourish: Therapeutic Cooking & Nutrition Ages 13-18

Fall Session 2: **November 4-December 16, 2024**

• Mondays 4:00-5:30 p.m.

This therapeutic cooking class is led by an Occupational Therapist. The group promotes healthy eating habits while helping participants develop life skills that contribute to both physical and mental well-being. The focus is on preparing balanced meals that are nutrient-rich, easy to make, and aligned with participants' individual health needs.

The class helps participants understand the relationship between nutrition and overall wellness while addressing specific therapeutic goals such as:

- **Motor skills**
- **Cognitive function**
- **Sensory integration**
- **Social interaction**

For questions, email [tbc@eastersealsma.org](mailto:tbc@eastersealsma.org).



Register Today!



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