



C.H.O.M.P.S.

Cooking Healthy Options and Meal Preparation Skills

A 6 week program for individuals with disabilities 16+ that will teach participants basic cooking skills, proper nutrition and diet.

Thursdays

July 12 - August 16
4-5:30pm

Register by June 28th

Therapeutic Recreation Division
704-216-7780

Space is Limited

Ellis Park

3541 Old Mocksville Road
Salisbury, NC 28144



Sportz Skillz

for individuals (16+) with disabilities

Do you like sports? Enjoy being active? Like spending time with friends? This program is for YOU! Sportz Skillz is an intro to sports program

No prior experience needed.

Program Dates:

Thursdays 4p-5:15p

Session 1: Softball; 8/30/18 - 10/4/18

Session 2: Basketball; 1/10/19 - 2/2/19

Session 3: Soccer; 4/25/19 - 5/30/19

To register or questions, contact the
Therapeutic Recreation Division at

704.216.7780

