

WHAT ARE THE BENEFITS OF RECREATION THERAPY?



- Promoting leisure independence and optimal leisure lifestyle
- Development of healthy living strategies through leisure
- Improve physical and cognitive abilities
- Increase confidence and self-esteem
- Foster greater involvement in the community
- Strengthen interpersonal skills and relationships
- Improve coping and adaptation skills
- Enhance well-being
- Encourage a greater sense of accomplishment
- Realize the benefits of a healthy leisure lifestyle