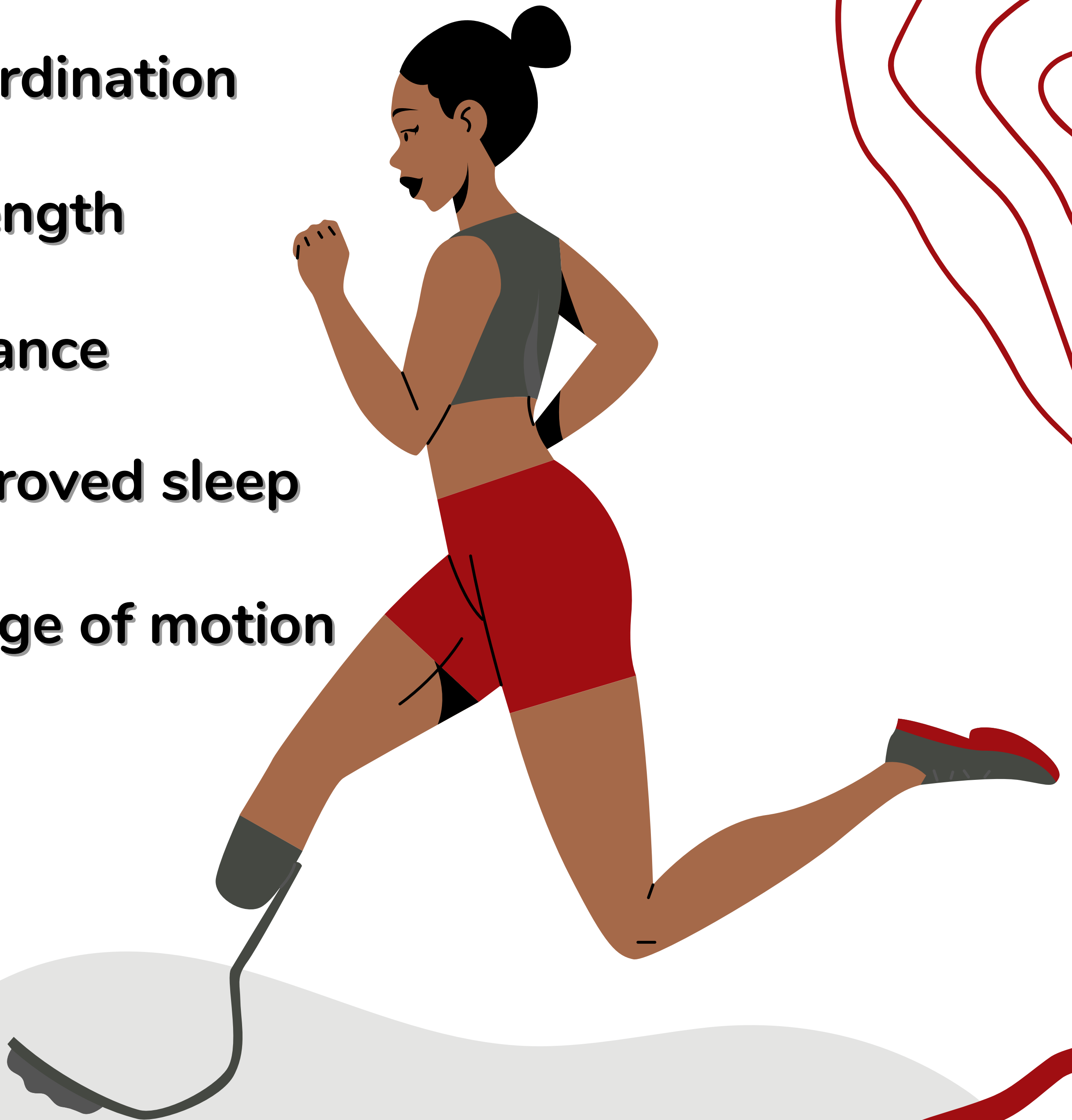




Therapeutic Recreation PHYSICAL BENEFITS

- ✓ **Fine & gross motor skills**
- ✓ **Coordination**
- ✓ **Strength**
- ✓ **Balance**
- ✓ **Improved sleep**
- ✓ **Range of motion**



www.canadian-tr.org