

4 ACTIVITIES WITH FAMILY & FRIENDS

Do you know that spending time with your loved ones & friends will improve your sense of well-being and self-worth?

Bowling



- Suitable for all ages.
- A fun diversion from the monotonous everyday life!
- May aid the development of their social behaviors and skills.
- A casual yet easy-going sport.

Cycling

- Way to spend time outside together and get everyone active.
- The goal is to have fun, even if it means to stop frequently for small bites!



Swimming



- Beneficial for all ages which improves cardiovascular health, muscle strength, and flexibility.
- Improve bonds and provide opportunity to spend meaningful time together.
- Generate endorphins when exercise is paired with the relaxing effects of water too!

In-line Skates

- Great way to improve heart health, strengthen muscles, and burn calories.
- Allows you to re-focus your mind and improve your mood!
- Full-body aerobic exercise that can be done outdoors or indoors.

