



Oakland County Parks

Adaptive Recreation



YOUR PATH TO WELLNESS



Join us for six weeks of working towards a healthier, more motivated you by connecting with your personal nutrition, physical fitness, social network and learning to set meaningful and achievable goals.

For people with intellectual and developmental disabilities ages 16 and older.

FREE PROGRAM

May 5, 12, 19, 26 & June 2, 9
6-7 p.m.

Waterford Oaks Event Center

2800 Watkins Lake Road
Waterford, MI 48328

**Register by scanning the QR code or
clicking the link below. Spots are limited.**



bit.ly/4qUBoJi

**Call 248-221-8040 for
program questions.**

