

Continue the Challenge Together:

A Personalized Wellness Program

Tuesday and Thursday Evenings

6:00pm – 7:30 pm

February 17th – April 2nd

(Please note: No meetings week of March 16th)

- Cost: \$100 for 18 hours of individualized wellness programming within a social group setting over a six week period
- Upon completion of program each participant will be provided with an individually prescribed fitness program
- This program will focus on social and interactive skills while supporting participants in their personalized fitness goals
- Skilled mentors and personal trainers will provide individualized instruction and guidance
- Fitness programs will address flexibility, strength, muscular endurance and cardiovascular activities
- Individualized attention in a small group setting will optimize opportunities for social skill rehearsal, such as peer teaching, problem solving, and effective communication

If you are interested in this exciting program, please contact the Center at caasd@towson.edu

*Towson University Center for Adults with Autism
410-704-4486
caasd@towson.edu*