

What is Recreation Therapy?

Enhancing Well-Being Through Leisure - Virtual Session

Learn what Recreation Therapy is, explore how recreation therapy supports mental, emotional, and physical wellness and understand the role of recreation in healing and community connection.

- Open to all African Nova
- Scotian/Black community
- members.
- To register and receive the
- virtual link, contact:
- NSSPrograms@nshealth.ca
- or [902-221-8062](tel:902-221-8062)



*Hosted by Erika Dahr, CTRS,
Wellness Navigator for the
Nova Scotia Sisterhood*

Date: May 7, 2026

Time: 7 - 8 p.m.

