



## Living a Meaningful Life:

A group to practice skillful living  
& experience meaningful connections.

### Meeting dates:

March 9 & 23 and April 6 & 20

Time: 6:00-7:30 pm

### Location:

99 W. 26th Street, Holland, MI 49423

RSVP: Call (616) 392-3610 ext. 204

Adult community members welcome



### March 9: Improve Your Mood

Self-Soothe: Learn and explore ways to care for your mind and body by soothing our senses.

### March 23: Rock Your Routine

Participate in routine planning activities and conversations.

### April 6: Mindful Movement

Learn about mindfulness and practice being in the present moment by engaging in gentle movement .

### April 20: Boost Your Joy- Prioritize Play

Give yourself the time and space to have fun!

## Occupational Therapy: Building Skills for a Better Life

### What is Occupational Therapy? And who is it for?

Occupations are meaningful daily activities that individuals want & need to do. Occupational therapists help individuals achieve success in these occupations through the use of therapeutic activities. Individual & group interventions improve a persons ability to perform daily activities, reach their goals & enhance function through active participation to promote quality of life.