



AUTISM RESOURCE CENTER

Embracing a Healthy Lifestyle: A Wellness Workshop Series for Caregivers

Sunday March 12th & April 16th from 9:45 am -12:15 pm

Arc of the South Shore 20 Pond Park Rd. – Hingham

RSVP required for each session via email to:

Jbirmingham@arcsouthshore.org

Please join us for this exciting two-part wellness series for caregivers made possible by a generous grant from The Flutie Foundation for Autism! There is an option to join one or both workshops!

We will begin the morning with an **interactive and customized fitness session** lead by the **ASD Fit Boston Team** of experts! This empowering session will be modified to suit individual needs and will include ideas and props for home implementation.

This will be followed by a presentation on “**Everyday Health and Nutritional Strategies**” lead by a Registered Dietician from **A Healthy Balance, Inc.** This presentation will focus on supporting and implementing a balanced and nourishing routine to promote health and well-being.

ASD Fit Boston is a leader in Adaptive Fitness; they believe everyone needs the opportunity to live a healthy lifestyle. ASD Fit Boston strives to build confidence and increase quality of life.

A Healthy Balance is a boutique studio that offers customized health and wellness programs. Through individually designed programming we help our clients discover their own healthy balance and incorporate realistic nutrition, fitness, and wellness habits into their lifestyle.

