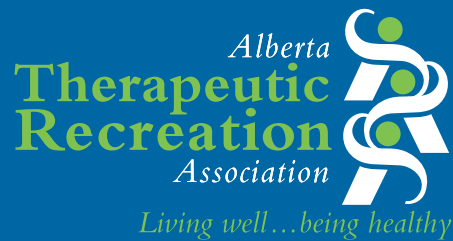


# February is National Therapeutic Recreation Month



## Alberta Therapeutic Recreation Association

[atra@alberta-tr.org](mailto:atra@alberta-tr.org) • [www.alberta-tr.org](http://www.alberta-tr.org)

**Recreation Therapists** are skilled professionals, who bring research-based knowledge and expertise to the patient/client and care team in a variety of settings.

**Leisure** is a critical part of physical and emotional well-being, as well as being essential to recovery. Therapeutic Recreation helps people find and maintain meaning and purpose in their lives and assists them in developing a healthy leisure lifestyle.

**Therapeutic Recreation** is more than simply play, it uses the power of creative leisure activities to support the rehabilitation process and promote wellness throughout our lives.

