

STAR

SOUTH SUBURBAN THERAPEUTIC ADAPTIVE RECREATION



**Helping to improve the health, social,
and mental wellbeing of the IDD community.**

Make new friends and stay active in STAR, the South Suburban Therapeutic Adaptive Recreation program! This spring and summer, groove to your favorite tunes at spring and summer time dances, and explore local favorites on seasonal trips and tours. Be creative in STAR art, music and dance classes, and get moving with kickball, flag football and more sports and games.

Check out all of the STAR programs at register.ssprd.org.



Contact Brendan Lawbaugh for more information:
BLawbaugh@ssprd.org

