

# Interest Survey for Special Recreation Programs

The McDonough County Special Recreation Association is looking to expand the Community Integration and Skills Improvement Programs. Are you thinking, "What good will this do me or my child?" There are endless benefits associated with the programs. If you want to work on a specific goal or objective, this is the time to let us know!

## Benefits of Recreational Therapy:

### **Psychological:**

- Improve body image
- Enhance mood
- Improve self-esteem

### **Social:**

- Fun
- Increase in community leisure resource
- Fellowship with others
- Enjoyable
- Renews energy
- Releases stress
- Teaches patience

### **Physical:**

- Increase or maintain joint flexibility
- Reduce pain
- Increase motivation, arousal
- Improve coordination
- Increase perceptual, spatial awareness
- Decrease abnormal tone, spasticity, and rigidity of muscles

**If you have any other suggestions or ideas that will enhance your experience with this program, please feel free to let us know. We love to find out what is exciting to you!!**

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Please return this form to:  
Special Recreation Supervisor  
Macomb Park District  
1406 North Randolph  
Macomb, Illinois 61455

By **August 1, 2006** for consideration. Thank you and we look forward to expanding our program for you!!

**If you would like more information on the program, please write your name and address here and what you would like additional information on.**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

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