

TEAM CONSULTING – World of Wellness - STEP



Community events such as fishing, hiking, volunteering, community service, day trips, visits to fitness centers and other locations, as things open up safely. Two events a week are offered, each lasting 2-4 hours. Most require your own transportation. **Social** connections also occur daily thru our group online portal while social distancing



Life Skills are offered in 2-3 hour increments. Services are delivered daily via teleservice, with plans for future events in the community. We will cover topics such as: healthy living, arts and leisure, culinary arts, personal care, occupational skills, decision making skills, etc.

Fitness options are available for 1-2 hour sessions daily via teleservices. Attendance at TEAM TERROR FITNESS may be optional. Daily topics cover health, fitness and social wellness. You can also use your Wellness Initiative if in Belmont County.



Mindfulness is covered daily for 1-2 hours. Offered via group teleservices for persons to share and develop a social outlet of mindful people. Topics include mediation, stress relief, positive thinking, yoga, etc. Visits to HOPE Spa may also be optional.



TEAM is now offering these programs as an alternative to adult day supports in our steps toward redesign. If you or someone you know could benefit from these programs, please share or call us for more information 740-489-5395 or email karenfisher@teamconsulting.org

Waiver Participants ask your SSA for STEP services with TEAM or call us. Wellness Initiative participants can sign up for fitness thru vagarog.com/teamterrorfitness – chose a LIVE Team Zoom class

www.teamconsulting.org / www.teamterrorfitness.com / www.creating-hope.us