REC-IT Programs

DNEM Recreation, Education & Community Inclusion Team (REC-IT) programs provide an opportunity for people to connect, learn new skills and have fun in a welcoming environment.

Questions? Please contact Carrie at CGerdeman@DNEMichigan.org

- **Virtual Yoga for All**  [https://tinyurl.com/DNEMyoga](https://tinyurl.com/DNEMyoga)
  Online accessible yoga tailored to all abilities.

- **Inclusive Art**  [https://tinyurl.com/DNEMart](https://tinyurl.com/DNEMart)
  Weekly art classes taught in-person at our Troy location.

- **Microwave Cooking Class**  [https://tinyurl.com/DNEMcooking](https://tinyurl.com/DNEMcooking)
  Small group cooking class taught at our Fort Gratiot location.

- **Virtual Cooking Class**  [www.tinyurl.com/DNEMvirtualcooking](http://www.tinyurl.com/DNEMvirtualcooking)
  Online group cooking classes with focus on independence.

- **Virtual Game Night**  [https://tinyurl.com/DNEMgames](https://tinyurl.com/DNEMgames)
  Connect online, share some laughs and have fun.

*Serving Huron, Lapeer, Macomb, Oakland, Sanilac, St. Clair and Tuscola Counties*

[www.DNEMichigan.org](http://www.DNEMichigan.org)

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