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# REC-IT Programs

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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](mailto:CGerdeman@DNEMichigan.org)

- **Virtual Yoga for All** <https://tinyurl.com/DNEMyoga>  
Online accessible yoga tailored to all abilities.
- **Inclusive Art** <https://tinyurl.com/DNEMart>  
Weekly art classes taught in-person at our Troy location.
- **Microwave Cooking Class** <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>  
Connect online, share some laughs and have fun.

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

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



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