



R.E.C. CONNECT

[RECREATION • EXPERIENCE • COMMUNITY]

The R.E.C. Connect program provides opportunities in recreational and social experiences to enhance participants' health and well-being.

R.E.C. Connect is a year-round program offered by IKUS Life Enrichment Services in partnership with Community Mental Health of Ottawa County.

All participants must be 18+ and complete the member profile along with an annual membership fee of \$1.00.

Members sign up in advance and participate in a variety of activities independently. If assistance is needed (depending on the member profile), members must bring support.



R.E.C. Classes: 12-week classes offered on a quarterly basis. May include but is not limited to music, performing arts, athletics and more!

Special Activities: Offered monthly. Special Activities may include but are not limited to large events (dances, carnivals, performances) as well as specific classes that are offered on a month-to-month basis.

Community Events: Offered monthly. Includes sporting events, performing arts, cultural attractions and so much more!



For questions or more information email info@ikuslife.org or call 616-677-5251.

IKUS LIFE ENRICHMENT SERVICES

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