



Healthy Living Program

Experience Health & Vitality at SAAAC Autism Centre

About The Program

Our unique 10-week journey is designed to help young adults on the autism spectrum (ages 13-25) and their caregivers to lead active, healthy lives. We offer a multi-faceted approach that combines strategies for active living, healthy eating, and social skills building.

Why Choose Our Program?

Expert Guidance: Our team of professionals includes a Physiotherapist, Physical Therapist, Autism Behavioural Consultant, Nutritional Consultant.

Holistic Health: We fuse functional fitness, mobility training and nutritional education to promote overall health and wellness.

Life-Long Skills: Our approach equips participants with knowledge and practices they can carry forward for a lifetime of health and vitality.

Get Involved!

Join us as we champion fitness and healthy living for young adults on the autism spectrum.

Register Today!

Spaces are limited, so secure your spot now.

p: 416-289-0100 ext .107

w: <https://saaac.org/program/healthy-living-program/>



Contact Us:

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