



[Alberta Health Services](#)

Cindy Schulz is a recreation therapist at the [Glenrose Rehabilitation Hospital](#) in Edmonton.

“I support patients who are dealing with physical, cognitive, social and psychological challenges—challenges that may prevent them from being active,” she says.

Schulz says she helps patients try new leisure activities and reconnect with interests they may have previously enjoyed. For example, a partnership with the [Art Mentorship Society of Alberta](#) allows patients to participate in virtual art classes. “We paint with watercolours and acrylic paints, and we provide patients with an opportunity to practise their creative skills,” she says.

“Benefits includes enjoyment, relaxation, pain management and decreased social isolation.”

Alaura, one of the participating patients, says the classes help to get her out of her house and allow her “to be creative and learn new skills.” [#RecreationTherapyMonth](#) [#RecreationTherapy](#)

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