

FOR IMMEDIATE RELEASE

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**City of Asheville
Parks & Recreation Department**

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**ASHEVILLE PARKS & RECREATION THERAPEUTIC RECREATION PROGRAM
WINS STATE AWARD**

Asheville Parks and Recreation's Therapeutic Recreation Program was the recipient of the Best New Program award at this year's North Carolina Recreation and Parks Association's Therapeutic Recreation Conference. The winning program was the new Therapeutic Recreation and Drums (TRAD) class held at the West Asheville Community Center and Charles George VA Medical Center in Oteen. Using African drums and instruments, the City's Therapeutic Program Director, Randy Shaw, worked with children and adults with disabilities and helped facilitate drumming classes for veterans that developed self-expression, social skills, and confidence in a recreational setting.

Therapeutic Recreation, also referred to as Recreational Therapy, is practiced in clinical, residential, and community settings. The profession of therapeutic recreation uses treatment, education, and recreation services to help people with illnesses, disabilities, and other conditions to develop and use their leisure in ways that enhance their health, independence, and well-being.

For more information about the program, contact Randy Shaw at 828-259-5483 or rshaw@ashevillenc.gov.