



# ProAct offers Enrichment and Life Skills Programming

## **Mission**

To provide person-centered services that enhances the quality of life for people with disabilities in the areas of employment, life skills and community inclusion.

ProAct is located at 1202 Beaudry Boulevard in Hudson, has a variety of group spaces and a secure yard with a pergola and walking path available for outdoor activities and exercise.

ProAct in Hudson, WI provides a unique array of **enrichment programming**, both in-center and in the community allowing participants to choose how they spend their programming days.

With a focus on adventure, integration and growth, **community based activities** include trips to museums and theatres, excursions to area parks, shopping destinations and special community events. Volunteering, fishing, movies and quiet time at the library are also enrichment options.

**Enrichment classes and activities in-center** are designed to stimulate the minds of participants and include crafts, trivia and other group games, cooking and baking, gardening, computer training, music, reading and storytelling, and exercise.

**Life skills classes** are also available and include social and interpersonal skill development, self-care and hygiene, household chores, eating and food prep, money management; as well as building fine and gross motor skills through daily exercise.

*For more information or to  
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