

OMG Youth Sports and Enrichment

Inspire. Achieve. Explore.

HEALTH MATTERS

Everyday Independence

Your goals. Practical skills. Greater independence.



Teens & adults
Ages 12 and older



12 weeks • 3 sessions
per week



60 minutes
per session •
36 sessions



1:1 • In person

For neurodivergent participants and people with physical, intellectual or developmental disabilities.

Build habits that support healthy weight and heart health.

Learn by doing—with support adapted to your pace, preferences and needs.



MOVE:

Enjoy light exercise
at every session.



SHOP:

Choose groceries, find
stores and practice
purchases.



COOK:

Follow simple recipes
and prepare
healthy meals.



LIVE:

Build routines,
self-advocacy and
everyday living skills.



Community integration, wellness and nutrition education are built into the program.



12-week program:

\$6,200

Initial consultation:

\$250 additional

RC / SDP funding may be available for the program and consultation.
Individual approval required.

Available throughout California.



Let's build a plan around you.

The initial consultation explores your goals, interests and support needs
to identify a personalized starting point.

Schedule your consultation



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omgsportsla.com

Nonmedical, nontherapeutic recreation and education