**Exercise/ Nutrition/ Stress Reduction Intervention Summer Program for Teens and Young Adults with Autism Spectrum and/or Mild Neurodevelopmental Disorders**

The MUSC Wellness Center and the Division of Developmental Pediatrics have taken the lead in creating a Wellness Lifestyle program specifically for older teens and young adults with Autism Spectrum Disorders (ASD) and other mild Neurodevelopmental Disabilities (NDD). The goals of this program are to increase physical activity, improve body composition, promote healthy food choices, broaden social skills, teach relaxation skills and improve mood and calmness.

**Program Information:**

**Age:** Designed for individuals 14 to 25 years old  
**Dates:** 6 weeks, June 23rd to July 30th; Pre-testing, screening, parent and participant meeting June 18th  
**Day/Time:** Tuesday & Thursday 2:00 to 3:30 pm  
**Fee:** $180.00. Payable to MUSC Wellness Center  
Sliding scale scholarships and transportation based on need may be available  

The focus is on wellness with other reinforcing activities available including:

- Interval strength and cardiovascular training  
- Opportunities to do outside activities (i.e. walk the bridge)  
- Nutritional guidance and food preparation instruction  
- Relaxation, stress reduction and calming strategies  
- Supportive environment to foster positive relationships and socialization  
- Opportunities for personal trainer or buddy activities  
- Swimming, yoga, mindfulness, indoor surfing class, cycling and more.

MUSC will conduct non-invasive pre and post testing including brief psychological screening and fitness and body composition testing. An opportunity to be involved in a research study monitoring biologic improvements and using FitBit technology is available. Piece it Together is partially sponsored by the SC Translational Clinical Research Institute, the SC Developmental Disabilities Council, MUSC Urban Farm, Unlimited Possibilities Mentoring Services, and the Lowcountry Autism Foundation.

**Staff:**

Co-Director: Janis Newton  
Co-Director: Program Physician: Eve Spratt, MD, MSCR, Professor of Pediatrics and Psychiatry  
Registered Dieticians: Judith Herrin, RD & Keely Flynn, RD  
Exercise Physiologist: Alicia O’Connor  
Human Performance Center: Katie Blaylock

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