

Keep On Moving!



This is a program designed to introduce and support continued involvement of individuals with physical disabilities in wheelchair sports, fitness and recreational opportunities, promoting an active and healthy lifestyle.



When:

1st and 3rd Wednesday
of every month

Time:

3-5pm

Where:

PCC-Cascade Gym
705 N Kilingsworth
Portland, OR

What is it?

A bi-monthly hands-on open gym, introducing 4 disabled sports, including:

- wheelchair basketball
- wheelchair ruddy
- wheelchair tennis
- handcycling/racing

You will have an opportunity to experience these sports with guidance from experienced athletes. Equipment will be provided.

Keep On Moving! is a free program provided by Oregon Disability Sports, with thanks to the Christopher and Dana Reeves Foundation.

Volunteers Welcome!



Who Can Participate:

Anyone with a physical disability from birth or from an injury.

Disabilities include:

- Spinal Cord Injury
- Amputation of any extremity
- Spina Bifida
- Cerebral Palsy
- Polio



For more information, please visit us at:
www.oregondisabilitysports.net