



# Keep On Moving!



PORTLAND

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 Wednesday  
of every month  
October - May

## Time:

4-6 pm

## Where:

Portland Soccerplex  
8785 Beaverton-Hillsdale  
Hwy 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.



## Who Can Participate:

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

Disabilities include:

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