

NEWS



Rotary recently donated a piece of equipment to the Rec Centre designed for people living with a disability. From left to right are Rotarians Rebecca MacPherson and Coun. Ron Paull, Landon McGauley, Rotary Club of Quesnel president John Havens, Mayor Mary Sjostrom, Lynn Turner (front) and recreation manager Diane Rogers. Contributed photo

Rotary promotes accessibility

Working out and improving fitness levels just got a little bit easier for those living with a disability in the North Cariboo, thanks to a generous donation from the Rotary Club of Quesnel.

The gym at the Quesnel and District Arts and Recreation Centre is now home to an Evolv Easystand Glider after the service club donated \$8,900 to cover the entire cost of the equipment.

The funds were raised thanks to the 2010 Rotary Radio-TV Auction.

Active wheelchair users, sports enthusiasts or those in recovery can benefit from whole body workouts.

The fully adjustable unit is easily transferred to and has a hydraulic mechanism that raises the user into position.

The user then employs the

pull/push handles, altering the resistance as fitness increases.

"We understand the importance of accessibility improvements, including those that are made at the Arts and Recreation Centre," mayor Mary Sjostrom said.

"With each improvement we make, our community is that much more welcoming for those living with a disability."

"It is through support from organizations such as the Rotary Club of Quesnel that we are able to continue building communities together," Cariboo Regional District Vice-Chair and North Cariboo Co-Chair Ted Armstrong added.

"By providing improved accessibility at the Quesnel and District Arts & Recreation Centre, we are proud to be able to promote healthy and active lifestyles

in an inclusive manner for residents of all abilities."

"The Rotary Club of Quesnel is proud to offer funding to support innovative projects such as this one," club president John Havens said.

"We believe improving accessibility makes for a stronger and healthier community."

The Quesnel and District Arts and Recreation Centre gym features a number of pieces of wheelchair accessible equipment.

A number of other improvements such as improved door controls and better curb cuts have enhanced accessibility at the centre.

Quesnel and District Leisure Services is a partnership between the CRD and the City of Quesnel.

