

Discover Abilities Expo

A regional showcase of adaptive sports and recreation

WHEN

Saturday, April 25, 2020
10 a.m. – 3 p.m.

WHERE

U of M
Recreation &
Wellness Center
123 Harvard St. SE,
Minneapolis, MN 55455

**FREE EVENT – BRING YOUR
FAMILY AND FRIENDS!**

Register online:
[allinahealth.org/
DiscoverYourSport](http://allinahealth.org/DiscoverYourSport)

More info:
Courage Kenny
Rehabilitation Institute
Sports & Recreation Dept.
612-775-2277
CKRISportsRecreation@allina.com



Join us at the third annual regional showcase of adaptive sports and recreation opportunities. Connect with community organizations, advocacy groups and learn from professionals in the field. You'll also have a chance to meet Paralympic athletes, try adaptive equipment and #DiscoverYourSport!

alpine skiing • floor hockey • fishing • fitness • cycling • classes • art • dance • geocaching • golf • kayaking • lacrosse • martial arts • mountain biking • Nordic skiing • theater • outdoor recreation • rock climbing • rowing • rugby • power soccer • sailing • scuba • sled hockey • softball • tennis • swimming • gymnastics • tai chi • yoga • wheelchair basketball • wheelchair rugby • and more!

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RECREATION & WELLNESS
UNIVERSITY OF MINNESOTA

allinahealth.org/DiscoverYourSport

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