



# ADAPTIVE SPORTS EXPO



**SUNDAY, APRIL 28, 12:00-4:00PM**

**Southern Regional Technology & Recreation Complex**

7007 Bock Road, Ft Washington, MD 20744

Learn about the exciting world of adaptive sports, ahead of the 2024 Paralympic Games! The local MedStar NRH Adaptive Sports & Fitness Program will share all about the adaptive sports available in the DMV area for youth and adults with physical disabilities.

**All are welcome!**



**MedStar Health**



## FEATURED PROGRAMS

- ADAPTIVE SPORTS SUMMER CAMP**
- WHEELCHAIR BASKETBALL**
- WHEELCHAIR LACROSSE**
- WHEELCHAIR TENNIS**
- WHEELCHAIR RUGBY**
- ADAPTIVE CYCLING**
- ADAPTIVE ROWING**
- ADAPTIVE FITNESS**
- SLED HOCKEY**
- PARA DANCE**
- PICKLEBALL**
- BOCCIA**



**CHECK OUT:**

- Sports Demos**
- Staff Meet & Greet**
- Adaptive Equipment**
- Volunteer Opportunities**

For more information contact Rita Penniman at [rita.e.penniman@medstar.net](mailto:rita.e.penniman@medstar.net)