

Please mail completed registration form to:

UnityPoint Health - St. Luke's Hospital
Physical Medicine and Rehabilitation
Attn: Megan Andresen
PO Box 3026
Cedar Rapids, IA 52406

How to find Kirkwood Community College



Kirkwood Community College
Michael J. Gould Recreation Center
6301 Kirkwood Blvd. SW
Cedar Rapids, IA 52404

Preregistration is recommended in order to meet your needs. However, you may register the day of the event.

For additional information, call Megan Andresen at (319) 369-7279.



Physical Medicine and Rehabilitation 10th Annual Eastern Iowa Adapted Sports Clinic



Photos courtesy of Prairie Wings Media Productions, LLC

Sat., March 25, 2017

10 a.m. – 2 p.m.

Kirkwood Community College

FREE (donations accepted)



UnityPoint Health
St. Luke's Hospital

Please join us at the 10th Annual Eastern Iowa Adapted Sports Clinic. Enjoy hands-on learning in yoga, cycling, tennis, boxing, archery and wheelchair basketball.

Interact with various adapted sports & recreational equipment displays, and speak with equipment experts.

Preregistration is recommended in order to meet your needs. However, you may register the day of the event. For additional information, call Megan Andresen at (319) 369-7279.

A free pizza lunch and the chance to win door prizes will be provided for all individuals with physical disabilities and their family members!

EVENT AGENDA

10 a.m. Registration & welcome

10 a.m. - 2 p.m. Cycling & recreation expo; blood pressure/heart rate check

10:15 - 10:30 a.m. Motivational speaker Bob Molsberry

10:30 - 10:45 a.m. Group boxing (private and small group options)

11 a.m. - 1 p.m. Wheelchair tune-up & cleaning

11 a.m. - 12 p.m. Tennis clinic with local tennis experts

11 a.m. - 2 p.m. Adapted yoga (private and small group options)

Noon Pizza lunch for participants, friends and family

12:30 - 2 p.m.

- Wheelchair basketball
- Archery



The program's goal is to show individuals with physical and visual disabilities that participating in sports and living a healthy and active lifestyle can positively affect your life.

This clinic is open to all individuals of all ages with physical disabilities, including those needing adaptive equipment. Friends and family are encouraged to attend!

ABOUT OUR SPEAKER:

Bob Molsberry has been in a wheelchair for 20 years. During that time he has competed in many sports, including triathlon, marathon, and swimming (winning two golds in the US Trials to the London Paralympics in breaststroke!) He is a minister and has written two books about disability, including one about riding RAGBRAI by handcycle.



We'll have everything you need – bring your friends and family, and get ready for fun!

REGISTRATION FORM

To complete your registration online, visit unitypoint.org/cedarrapids, click on Classes & Events.

Name: _____

Address: _____

Phone number: _____

E-mail address: _____

Please provide the following information to assist with adequate staffing for your assistance and comfort:

Type of disability: _____

- Yes, I will need assistance
- No, I will not need assistance
- I will have assistance provided by my family/friends

Please return registration by March 21.

Sponsored by:

St. Luke's Physical Medicine & Rehabilitation

Kirkwood Physical Therapist Asst. Program

SportAbility of Iowa

