



...At this **free, all-day event!** Showcasing a vast array of adapted recreation & sport opportunities, as well as products and services designed for living with SCI/D (spinal cord injury, disease, disorder). This will be our biggest and best Expo ever.

Don't miss it!

Family, friends, caregivers, & medical professionals of SCI/D individuals are welcome to attend. Please RSVP.



**United Spinal
Association**

Iowa Chapter



CONNECT • EMPOWER • ENGAGE

7625 Goodman Drive
Urbandale, IA 50322

15TH ANNUAL ADAPTED LIVING & RECREATION EXPO

SATURDAY, SEPTEMBER 28

EASTERSEALS IOWA CAMP SUNNYSIDE

401 N.E. Avenue

Des Moines, Iowa 50313

DISCOVER YOUR ABILITIES...



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515.554.9759 | admin@unitedspinaliowa.org
www.unitedspinaliowa.org

WHY ATTEND

Whether this will be your first or fifteenth time attending the Expo, this year's will offer many new activities and vendors not experienced before. Don't worry, everyone's favorites will still be there, like kayaking and cycling. With so much to see and do this year, there will be plenty to enjoy by all.

We encourage EVERYONE with SCI/D to be an Expo Participant. Opportunities range from exploring information booths to engaging in fully adapted sports, and everything in between. Trained volunteers will happily assist with transfers and provide activity guidance. ALL ACTIVITIES ARE INCLUSIVE FOR EVERYONE!

EVENT AGENDA

SATURDAY, SEPTEMBER 28, 2019

10:30 am. Participant Registration

11 am Free Lunch & Presentations
DONATIONS ARE APPRECIATED

12 pm - 3:45 pm Expo Activities Open

3:45 pm - 4:15 pm Desserts & Prize Drawings
For Participants
MUST BE PRESENT TO WIN PRIZES

REGISTRATION

To pre-register, go to our Expo event page on Facebook or to our website. Pre-registration is recommended, however you will be able to register the day of the event. If unable to register online, call 515.554.9759.

EARLY REGISTRATION PERKS

Register by Monday, September 16 to be entered into an exclusive prize drawing. Also, avoid registration lines at Expo with fast check-in.



SPONSORS



**United Spinal
Association**

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UnityPoint Health
Des Moines

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401 N.E. 66TH AVE, DES MOINES, IA 50313

**ALL EXITS
CLOSED**

Due to road construction, there is no access to Camp Sunnyside from 2nd Ave. You **MUST** arrive from the east using NE 14th Ave.

