

...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.





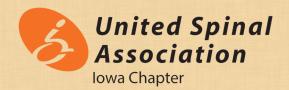
15th Annual Adapted Living & Recreation Expo

SATURDAY, SEPTEMBER 28

401 N.E. Avenue

Des Moines, Iowa 50313

DISCOVER YOUR ABILITIES....



CONNECT • EMPOWER • ENGAGE

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 ACTIVITES ARE INCLUSIVE FOR EVERYONE!



Sponsors









lowa Chapter of United Spinal Association

7625 Goodman Drive, Urbandale, IA 50322 515.554.9759

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Due to road

construction, there

is no access to Camp

Sunnyside from 2nd

Ave. You MUST arrive

from the east using

NE 14th Ave.

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

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.



MUST BE PRESENT TO WIN PRIZES





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

WOODLAND HILLS GOLF COURSE

NE 66th Ave



NE 66th Ave