

FREE ADMISSION • FREE PARKING

# Penn State Health RecFest 2024

An adaptive event for those with visible and invisible disabilities as well as their families, friends and caregivers



## SPORTS | EXERCISE | LIFE SKILLS

### Learn about life skills and recreational activities:

- Driving programs
- Adapted vehicles
- Employment
- Service dogs
- Emergency preparedness
- And more

### Participate in adapted sports and recreation demos:

- Adapted cycling
- Adapted field hockey
- Adapted tennis
- Power wheelchair floor hockey
- Wheelchair basketball
- Wheelchair dance
- Wheelchair lacrosse
- Wheelchair rugby
- TOPSoccer (adapted soccer)
- And more

All are welcome — participants, family, friends and caretakers.

Registration required. Sign up in advance at [forms.office.com/r/TkQtKWf5QY](https://forms.office.com/r/TkQtKWf5QY) or register at the door.

Saturday,  
Sept. 28

1–5 p.m.

Spooky Nook  
Sports Complex

75 Champ Blvd.  
Manheim, PA

Scan  
to  
register.



Presented by Penn State Health Physical Medicine and Rehabilitation