



BARROW THERAPEUTIC RECREATION AND ADVENTURES

- Provide sports, recreation and outreach programs for people with disabilities
- Empower individuals to discover what's possible
- Promote an active lifestyle, increased independence and enhance one's quality of life through education, skill development and community reintegration
- Programs include Day On The Lake, Yoga, Art, Aqua Balance and many more
- Let's Get out and Get Active!

602-406-1620 | BarrowNeuro.org/DOTL

ABILITY360

Ability360 is a non-profit 501(c)(3) organization and the largest Center for Independent Living in Arizona. It is co-located with 11 other disability services organizations at the Ability360 Center, along with the Ability360 Sports & Fitness Center.

LOCATION

Ability360 Sports & Fitness Center
5031 E. Washington St.
Phoenix, AZ 85034

All Ability360 locations are fragrance-free, tobacco-free environments. Please do not wear scented products or smoke when visiting any of our offices, programs or events.

Alternate format materials available upon request.

PROJECT INDEPENDENCE & EMPOWERMENT



Sponsored by





**Brain Injury
Alliance**
ARIZONA

BRAIN INJURY ALLIANCE ARIZONA

- Facilitates the virtual, weekly *Think Tall Don't Fall* class designed to build skills and boost ability for a mind-body connection. These classes are appropriate for individuals of varying ability levels and those who use a wheelchair for mobility
- Virtual educational presentations and monthly support groups, including specialty groups survivors with co-occurring substance use disorder, veterans, family members, or caregivers
- Offers peer support, maintains database of vetted neuro resources, free counseling, and resource facilitation with a Certified Brain Injury Specialist

Statewide Neuro Info-Line | 888-500-9165
BIAAZ.org | info@biaaz.org

ABILITY360
SPORTS & FITNESS CENTER

ABILITY360 SPORTS & FITNESS CENTER

- 12-month membership to the Center
- Periodic health assessments
- Sponsored personal training sessions
- Peer mentoring

602-386-4566 | www.ability360sports.org



**Arizona Spinal Cord
Injury Association**

ARIZONA SPINAL CORD INJURY ASSOCIATION

- Complimentary door-to-door accessible transportation, Dial-A-Ride, Bus, and Light Rail passes
- Access to community resources and information to assist with their transition from the hospital to the community
- Connection to educational and socialization opportunities

602-507-4209 | www.azspinal.org

