Shepherd Center
RECREATION THERAPY

HEALTH AND WELLNESS CLINIC In-Person!

Adaptive Climbing Clinic :Registration $30

RSPV is REQUIRED as there are limited spots!

JUNE 4TH
9:00-12:00pm
The Crag
15115 Old Hickory Blvd, Nashville, TN 37211

Shepherd Center along with Catalyst Sports–Nashville is hosting a in–person clinic for individuals with spinal cord injury/disorders, C–6 or below and other neurological disabilities at similar functions. Participants will receive hands on experience from Shepherd Center Recreational Therapist and Catalyst Sports staff and volunteers in the activity of adaptive climbing and education on local resources and funding. Research has shown that regular participation in leisure–time activities will help maintain a well–balanced and healthy lifestyle. Research has also shown regular participation with activities that involve nature have show increases in one's over all quality of life.

Shepherd Center

CATALYST SPORTS
BECOME INSPIRED

To register or for more information: Please contact Jenny Dilaura at jenny.dilaura@shepherd.org
Or at 404-603-5173