About Shepherd Center
Shepherd Center, located in Atlanta, Georgia, is a private, not-for-profit hospital specializing in medical treatment, research and rehabilitation for people with spinal cord injury and brain injury. Founded in 1975, Shepherd Center is ranked by U.S. News & World Report among the top 10 rehabilitation hospitals in the nation. At Shepherd Center, recreation therapy is integral to our mission of returning individuals to the highest possible level of independence and activities.

Recreation Therapy Mission Statement
The mission of Shepherd Center’s Recreation Therapy Department is to help people with a temporary or permanent disability caused by injury or disease to lead healthy and active lifestyles as independently as possible through the use of recreation activities, providing education, skill development and community reintegration opportunities.

Sports Teams
Shepherd Center sponsors 11 sports teams: basketball, bass fishing, fencing, handcycling, power soccer, quad rugby, shooting, softball, swimming, racing and waterskiing. These teams enable people with disabilities to participate in sports in a competitive and/or recreational environment.

For more information on becoming a team member, please call 404-367-1287. For all sports teams updates, find us on Facebook by searching Shepherd Center Sports Teams.
Health & Wellness Clinics

These clinics are for individuals with a spinal cord injury, C-6 or below, and other disabilities with similar physical function. The clinics provide the opportunity to become physically active and gain insight to achieve a well-balanced lifestyle. Sports and activities vary. For more information, call 404-350-7793.

**Cost:** $25  
**Registration is required.**

<table>
<thead>
<tr>
<th>DATE</th>
<th>ACTIVITY / PLACE</th>
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<tbody>
<tr>
<td>March 10</td>
<td>GA (Golf and Tennis)</td>
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<tr>
<td>Mid April</td>
<td>TN (Sports TBSD)</td>
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<tr>
<td>July 28-29</td>
<td>GA (Para-Triathlon Clinic)</td>
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<td>September 18</td>
<td>GA (Golf)</td>
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<tr>
<td>October</td>
<td>GA (Adaptive Golf Tournament)</td>
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Overnight Bird Watching Retreat with Atlanta Audubon Society

**Cost:** $25  
**Location:** Unicoi State Park and Lodge, Helen, Georgia. Registration is required. For more information, call 404-350-7785.

**TBD**

**Activity:** Led by professionally trained ski instructors, you can learn the fundamentals of adaptive skiing. This workshop is designed for beginner and intermediate skiers. For more information, call the Aquatics staff at 404-350-7786.

**Cost:** $50  
**Time:** 6 to 8 p.m.

Community Hunting Trips

Various hunting opportunities are offered throughout the year. For more information, call 404-350-7790.

Recreation Therapy Outpatient Sessions  
**Contact Kelly Edens at Kelly.Edens@shepherd.org**