

# Lancaster Area Fitness & Health Taskforce

Are you interested in making a difference in your community?

Join our taskforce today!



## What is the Fitness & Health Taskforce?

- A team of people with disabilities, advocates, and allies who believe in inclusive recreation.

## What will I do as a Fitness & Health Taskforce member?

- Learn about improving inclusion and accessibility for fitness, recreation and sports
- Educate, advocate and support gyms, fitness centers, recreation and sports groups to make their programs and facilities inclusive and accessible for everyone in the community
- Attend monthly check-in meetings to share your experiences with other taskforce members

## What is the goal of the Fitness & Health Taskforce?

- To improve inclusive and accessible fitness, recreation and sports opportunities for all
- To educate gyms, fitness centers and recreation groups about adaptive, inclusive activities
- **With your help and planning**, bring together your community fitness and health partners to participate in Health & Fitness Accessibility & Inclusion Expos as vendors, to conduct workshop sessions, learn about inclusion and accessibility, and form alliances and partnerships around best practices so everyone in your community can participate in good health, fitness and fun!

## Who can join the Taskforce?

- Organizations supporting people with disabilities
- Individuals with disabilities and their families
- Employees supporting people with disabilities
- Everyone in the Lancaster, York, Lebanon counties and surrounding areas!

**BONUS!!! Receive \$25 for every (3) gyms, fitness centers, or recreation groups you connect with, educate and support.**

## Questions? Want to Join?

Please Contact:

**Organization:** Disability Empowerment Center (DEC)

**Name:** Dan Stroup

**Email:** [DStroup@decpa.org](mailto:DStroup@decpa.org)

**Phone Number:** 717-394-1890

**Training Date and Location:** 1/29/2020

Disability Empowerment Center

941 Wheatland Ave, #201

Lancaster, PA 17603



This project is supported by a grant from the Pennsylvania Developmental Disabilities Council.