A DAY OF ADAPTIVE RECREATION 2023

Walking, rolling, cycling, fishing, geocaching, yard games, and more!

Learn about local resources

and try a range of adaptive recreation equipment as we

recreation. All equipment is

enjoy an inclusive day of

WHERE? Syracuse Inner Harbor and Creekwalk

> WHEN? Saturday Sept. 16th 10am-2pm



Fitness Inclusion Network

NEW YORK STATE Corporation

> The Joe Family Foundation for

Disability Advocacy



XUPSTATE Golisano

free to try.





PLEASE VISIT WWW.UPSTATEFOUNDATION.ORG/TRAIDONTHETRAILS OR MESSAGE PEYTONSEFICK@GMAIL.COM FOR MORE INFORMATION