

Therapeutic Recreation

Programs that provide opportunities to enjoy recreational activities and sports in an adaptive environment.

Article

Tips to Stay Safe in the Sun: From Sunscreen to Sunglasses

Sun safety is always in season. It's important to protect your skin from sun damage throughout the year, no matter the weather.

Source

[Food and Drug Administration](#)

Links

Be Safe in the Sun

Source

[Be Safe in the Sun](#)

Article

Tips for Bicyclists and Pedestrians

It's vital for bicyclists and pedestrians to take proactive steps to stay safe.

Source

[U.S. Department of Transportation](#)

Article

Making Fitness Accessible for Everyone

Explore accessible fitness programs across Virginia!

Source

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Links

U.S. Paralympics

Based in Colorado Springs, Colorado, U.S. Paralympics, a division of the nonprofit [United States Olympic Committee](#), is dedicated to becoming the world leader in the Paralympic Movement and promoting excellence in the lives of people with [Paralympic-eligible impairments, including physical disabilities and visual impairments](#).

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[U.S. Paralympics](#)

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Move United

Disabled Sports USA's mission is to provide national leadership and opportunities for individuals with disabilities to develop independence, confidence, and fitness through participation in community sports, recreation and educational programs.

Source

[Move United](#)

Article

Adaptive Sports: Staying Active While Living With A Disability

Staying active while living with disabilities is important for your health. Physical activity can help you strengthen your heart, muscles, and bones and improve coordination. It also can help you feel better about yourself. There are many adaptive sports and recreation programs that can be enjoyed for health, wellness, leisure, social, and competition benefits.

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Gathering of Mountain Eagles

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Project Healing Waters Fly Fishing, Inc

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Pagination

- [Current page 1](#)
- [Page 2](#)
- [Next page >>](#)
- [Last page Last »](#)

Showing 1-10 of 15 Results