

Therapeutic recreation uses recreation and adaptive activities to address the specific needs of individuals with health conditions and/or disabilities and to enhance their overall health and quality of life. Benefits can include an increase in physical activity, social and leisure opportunities, community integration, and emotional wellbeing.

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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

Best of 2023: Top 10 Veteran Resources of the Year

Here are the most popular resources for Veterans, their families, caregivers, and survivors in 2023.

Source

[VAntage Point: Official Blog of the U.S. Department of Veterans Affairs](#)

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](#)

Links

Wounded Warrior Project

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[Wounded Warrior Project](#)

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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](#)

Links

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.

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Sportable

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Gathering of Mountain Eagles

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Project Healing Waters Fly Fishing, Inc

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