

NEWS ADVISORY

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MARY FREE BED ANNOUNCES ITS SUMMER 2008 YOUTH ADAPTED SPORTS AND RECREATION PROGRAMS

WHAT:

Summer is here, and children of all ages will be searching for memorable and fun activities. To that end, Mary Free Bed Rehabilitation Hospital has announced its 2008 Summer Adapted Sports and Recreation Program schedule for children and teenagers.

For several years, Mary Free Bed's pediatric program has been providing adapted sports and recreation programs for children so they can remain active and continue to explore sports.

The Summer Adapted Sports and Recreation Program schedule includes the following:

- **Adapted Water Ski Clinic, June 11 and August 15, 2008**
Learn to water ski, or just give it a try! Sign up for the Adaptive Water Ski Clinic and you will receive the individual support you need to participate in this exciting activity.
- **Youth Wheelchair Tennis, Monday evenings, June 2–August 18, 2008**
Kids with physical disabilities will be coached to learn the basic skills in tennis and how to play competitively.
- **Jr. Adapted Golf Clinic, Tuesday, June 17, 2008**
The Adapted Golf Clinic is open to teens who have a physical disability and are interested in learning the mechanics of golf swings, balance and stance, and the use of adaptive equipment and technique...
- **Wheelchair Softball and Whitecaps, June 29, 2008**
Come spend a day with us at the Whitecaps and play wheelchair softball!
- **Jr. Wheelchair Sports Camp, July 28-August 1, 2008**
This is a five-day camp for youth ages 7-18 who are physically disabled and require the use of a wheelchair to play sports. Come and learn how to play basketball, tennis, team handball, and softball.

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- **Dreams and Wings ... Come Fly!, September 6, 2008**
Dreams and Wings is a nonprofit organization that provides children with disabilities and serious illnesses an opportunity to take a 20-minute plane ride at 1,500 feet in a small aircraft.
- **Adapted Swim Lessons, Ongoing**
Swim lessons for youth with developmental disabilities who require 1:1 instruction from a certified water safety instructor with expertise in working with people with disabilities.

For more information about the various programs, visit www.maryfreebed.com. Please note that program registration is required, and while many programs are free, others have fees.

PROGRAM CONTACTS:

To arrange an interview, please contact Christine Hoek at (616) 662-9241 or christine@articulate-pr.com. For reservations, please call Mary Free Bed Rehabilitation Hospital, (616) 242-0350. To learn more about Mary Free Bed's Rehabilitation Programs, please call (800) 528-8989 or visit www.maryfreebed.com.

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Mary Free Bed Rehabilitation Hospital is an 80-bed, not-for-profit, acute rehabilitation center. Its mission is to restore independence, hope, and freedom through rehabilitation to people with disabilities. As West Michigan's largest provider of rehabilitation services, its services include: quality patient care for both inpatient and outpatient settings; rehabilitation research; education and training; assistive technology; and advocacy. Programs include: brain injury; spinal cord injury; stroke and orthopedic; pediatric/adolescent, amputee, lymphedema, vestibular, motion analysis center, rehab technology center, orthotics and prosthetics services, and driver rehab.