

Discover Abilities Expo

A regional showcase of adaptive sports and recreation

Virtual Booths

Saturday, April 24, 2021 | Virtual Booths available between 11 a.m.-12 p.m. and 1 p.m. – 2 p.m.

The Discover Abilities Expo Virtual Booths are an opportunity to meet our community partners in a virtual format. The below organizations will be available to answer questions and tell you more about what they do and how you can access their services. You can freely come and go in these virtual booths. We hope you are able to meet some of our fabulous community partners.

Click on the title links below to access each organization's virtual booth between 11 a.m. – 12 p.m. and 1 p.m. – 2 p.m.

<p><u>Adaptive Sailing - LHYC</u> Experience pure joy. Our Adaptive Sailing program gets disabled sailors out onto Lake Harriet in 12 foot long keel boats.</p>	
<p><u>Capable Partners</u> Organization's goal to make the outdoors accessible for physically disabled people. Activities include hunting, fishing, ATV rides & more.</p>	 <p>Capable Partners <small>Making the Outdoors Accessible for Over 50 Years</small></p>
<p><u>City of Brooklyn Park Adaptive Recreation ...</u> Come learn about Adaptive Recreation programs and Inclusion Services offered at The City of Brooklyn Park!</p>	
<p><u>Clownfish Swim Club</u> Clownfish Swim Club provides a swim team environment for children and young adults with disabilities. Our program runs year around.</p>	
<p><u>Courage Kenny Aquatics & Fitness</u> Courage Kenny fitness, wellness and pool services are for people of all ages and abilities.</p>	 <p>COURAGE KENNY REHABILITATION INSTITUTE</p>
<p><u>Courage Kenny Sports & Recreation</u> Offers adaptive competitive sports and recreational activities in the Twin Cities area and Duluth.</p>	 <p>COURAGE KENNY REHABILITATION INSTITUTE</p>

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<p><u>Dragon Crane</u> Dragon Crane opens doors to whole-body martial arts training, taught through the lens of wellness, and accessible to all.</p> <p><u>Rock Steady Boxing</u> Rock Steady Boxing is a non-contact boxing training program for people who have Parkinson's.</p>	 
<p><u>Epilepsy Foundation of Minnesota</u> EFMN is a patient advocacy organization that offers programs and services for individuals and families impacted by epilepsy.</p>	
<p><u>FREE-DAPTIVE Divers</u> Our mission is to provide SCUBA opportunities and to overcome obstacles to SCUBA diving for individuals with disabilities.</p>	
<p><u>Freedom Concepts</u> Designing adaptive bikes and alternative seating for mobility, therapy, and fun since 1991. Give us the need. We will find the concept.</p>	
<p><u>GUSU</u> Get Up Stand Up is a nonprofit organization in MN working to unite, educate and support those dealing with SCI and to advocate for research.</p>	
<p><u>Highland Friendship Club</u> Highland Friendship Club serves teens - adults by providing opportunities to develop lifelong skills, friendships & community connections.</p>	
<p><u>Hanger Clinic</u> Hanger Clinic creates customized solutions for people of all ages, including state-of-the-art prostheses, braces, cranial helmets, and other devices designed to increase the mobility and function of each person we serve.</p>	
<p><u>Lions United Fitness Center</u> Helping individuals to awaken their inner lion through fitness. Instead of fitting in, we teach our lions to stand out and use their gifts.</p>	




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<p><u>Minnesota Millers</u> The Minnesota Millers is a beep baseball team for the blind, visually impaired and is part of the Minnesota Fighting Lions organization.</p>	
<p><u>Minnesota Sled Hockey Association</u> The MN Sled Hockey Assc oversees youth and adult sled hockey in MN, with teams in various locations throughout the state to serve all areas.</p>	
<p><u>North Star Community Rowing</u> Try a new sport! Learn how to row and meet other adaptive athletes in the Twin Cities - no experience necessary.</p>	
<p><u>Northern Starz Theatre Company</u> Theatre Company with many programs for all ages and ALL abilities! Join us at CAMP this year, August 5th-12th.</p>	
<p><u>Reach for Resources</u> Offering individualized services that maximize independence, community involvement, & improve physical & mental well-being.</p>	
<p><u>Rumi</u> Rumi helps individuals with a disability waiver live independently by connecting them to supportive roommates.</p>	
<p><u>SwimPossible</u> 1:1 adaptive swim lessons for those who are not served by traditional lessons. We strive to be safe, fun, calm, and confidence building.</p>	
<p><u>The Perfect Fit</u> We offer Muscle Activation Technique (MAT) which can restore neuro-muscular function & correct muscle weakness & Adaptive Personal Training</p>	
<p><u>Twin Cities Music Therapy Services</u> We provide virtual and in-person music therapy sessions with people of all ages and abilities in the Twin Cities Metro.</p>	

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<p><u>Upstream Arts</u> Upstream Arts uses the power of the creative arts to activate and amplify the voice and choice of individuals with disabilities.</p>	
<p><u>U.S. Para Nordic Skiing</u> U.S. Paralympics Nordic Skiing is national governing body for US Para Nordic. We are committed to growing the sport on all playing fields.</p>	
<p><u>Wayzata Adaptive Sailing</u> Wayzata Adaptive Sailing extends our slogan of 'Sailing for Everyone' to allow people of all abilities to sail a standard sailboat.</p>	
<p><u>Young Dance</u> At Young Dance, we believe that every body can (and should!) dance. We offer integrated dance classes and a youth performing company.</p>	