

Courage Kenny Offers Free Virtual Fitness Courses

By Kitty Mayo

The Courage Kenny Rehabilitation Institute in the Twin Cities, and Courage Kenny Northland in Duluth work with children and adults who have injuries and disabilities of all kinds, and through their recreation programs have created incredible opportunities for people of all abilities to be athletes who ride bike, ski, play team sports and much more.

While Courage Kenny has had to make the difficult decision to cancel all in-person programs where they can't guarantee safe physical distance from others for the safety of participants during the pandemic, they are continuing to offer a variety of virtual events with a new robust schedule of activities in the new year.

For information on programs and upcoming events, go to

www.allinahealth.org/adaptivesports.

These sports and recreation virtual events are free with support from the Courage Kenny Foundation, but pre-registration is required. Virtual cycling, adaptive yoga, and cardio workout are some of the free virtual weekly classes. Ongoing events include a virtual outdoor series exploring outdoor sports and activities with expert guests, and the Courage Community Challenge that allows individuals to track their exercise, and fitness goals.

There are also a series of free workout videos for stretching and strengthening that are free. Other virtual programs for a fee include a range of exercise classes, and one-on-one exercise appointments.

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Group Living with Anxiety and Depression is online second and fourth Monday's at 6:30 pm. Contact North Shore Mental Health Group on Facebook or email: nsmmentalhealth@gmail.com.

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