



Disability Partnerships “Activities Designed Just for You”

Saturday, March 10, Booth # 6092

Activity	Time	Organization
Nutritional Counseling for Persons with Disabilities	9:00a.m. - 11:00a.m.	Reset Lifestyle
<i>What's Your Workout Adaptive Training</i>	10:00am	DPI Adaptive Fitness
Tai chi for Persons with Disabilities	11:00a.m.	Adventist Healthcare Rehabilitation
Self Defense Demonstrations for Persons with Physical Disabilities	12:30p.m. – 2:30p.m.	Defend Yourself
*Reiki Demonstrations ** <i>Reiki</i> is a Japanese technique for stress reduction and relaxation that also promotes healing.	3:00p.m. – 5:00p.m.	Medstar Center for Integrative Medicine and National Rehab Network