



MONTANA
DISABILITY &
HEALTH PROGRAM

Increasing Inclusive Fitness Opportunities

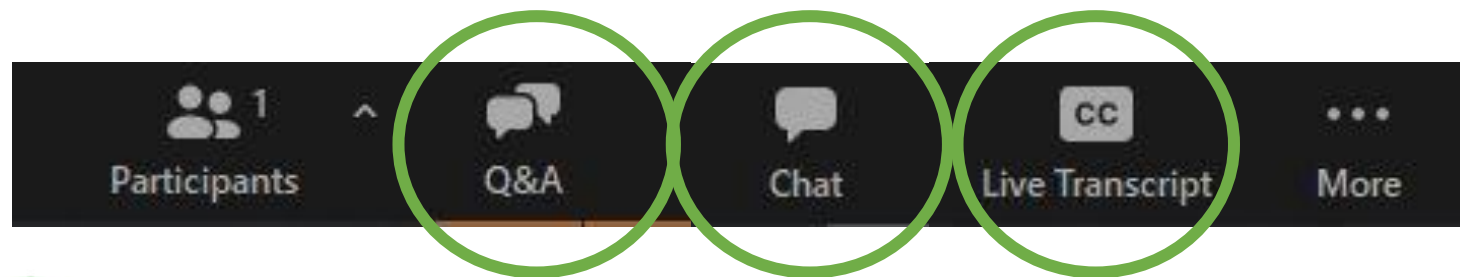
UNDER THE BIG SKY



FEBRUARY 23, 2021

Housekeeping

- Use Q&A throughout.
- Use Chat box for technical difficulties and to share resources.
- Live Captioning and ASL Interpretation available
 - Bottom of screen OR StreamTEXT link in Chat Box.
- Recorded and archived resources will be posted at <http://mtdh.ruralinstitute.umt.edu/?p=7840>.
- Feedback survey

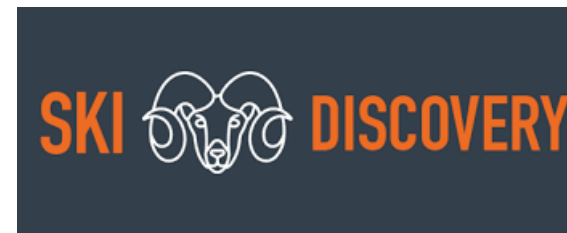


Presented in Partnership



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NATIONAL CENTER ON HEALTH, PHYSICAL ACTIVITY AND DISABILITY



Virtual Inclusive Fitness Training

NATIONAL CENTER ON HEALTH, PHYSICAL ACTIVITY AND DISABILITY

NCHPAD

www.nchpad.org



- March 30th and 31st from 11-3 P.M. CST
- FREE
- Opening it up nationwide.
- The training will cover all the basics on inclusive fitness and how to work with individuals with a disability in a physical activity setting.
- It is worth 8 CEU's through ACSM.
- The first session of the training is on Disability education covering best practices and we are encouraging everyone to participate regardless of background.
- QUESTIONS: Kelly Bonner at kellyb@lakeshore.org
- Learn more and register at <https://www.nchpad.org/1804/6986/Inclusive~Fitness~Training>

CDC Reaching People with Disabilities Through Healthy Communities



Creating Inclusive Healthy Communities

Partnership of CDC, NACDD, five State Disability and Health Programs and ten communities, including Butte and Helena, Montana.

<https://www.cdc.gov/ncbddd/disabilityandhealth/reaching-people.html>

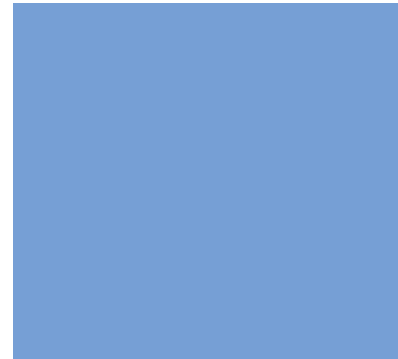
Alpine Skiing



To learn more, contact:

- Todd Hoar
- thoar@bsb.mt.gob

Adaptive Cycling and Biking



To learn more, contact:

- montech@mso.umt.edu
- 1-877-243-5511
- <http://montech.ruralinstitute.umt.edu/>
- Facebook: <http://facebook.com/MonTECH.Montana>

Adaptive Skating & Hockey



To learn more, contact:

- Charles Alvarez
- calvarez@milp.us

Adaptive Fishing, Rafting, & Boating



To learn more, contact

- Peter Pauwels
- Chris Clasby
- fishwithpeter@gmail.com
- Campbullwheel.org

Partner Roundup



SPIRIT Club: Fitness for All

offers a range of exercise services: virtual online training classes, community group classes, private fitness classes for your organization, and personal & partner training.

Website: spirit-club.com



DREAM Adaptive Recreation in Whitefish, MT

Provides year-round outdoor adaptive recreation lessons & opportunities for individuals ages 5+ with permanent physical, cognitive, and sensory disabilities

Contact: (406) 862-1817 or
programs@dreamadaptive.org for more info!



Partner Roundup - 2



Eagle Mount

Serve individuals with disabilities of all ages, as well as people with cancer through a variety of activities year round in Montana.

Website: eaglemount.org

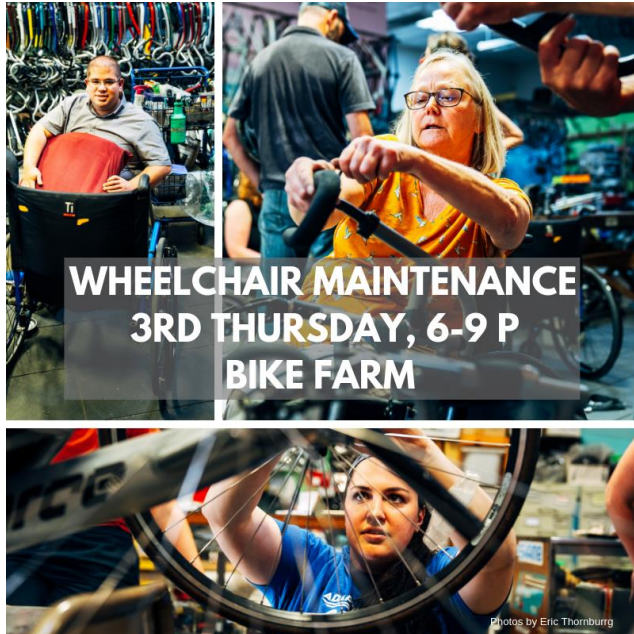


Teton Adaptive Sports

Offers year round programming in winter and summer sports with a staff committed to improving quality of life for athletes with disabilities.

Website: tetonadaptivesports.com

Partner Roundup - 3



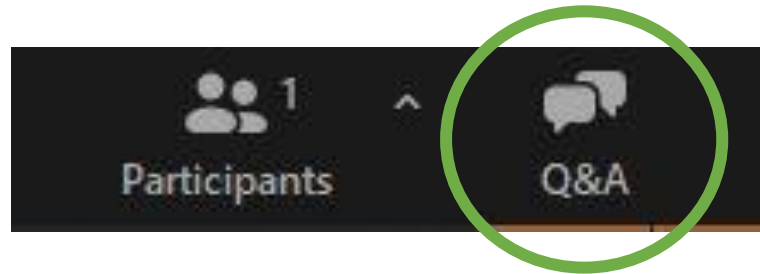
University of Pittsburg online Wheelchair Maintenance Training Program

Teach wheelchair users how to complete maintenance on their wheelchairs.

Website: www.upmc-sci.pitt.edu/node/927

Questions

- Submit questions through the **Q&A box**.



- In front of your question, indicate the **name of the presenter** to whom you are directing your query.
- Keep your questions short and to the point.
- Responses to questions we were unable to answer will be available by next week on the webinar webpage:
<http://mtdh.ruralinstitute.umt.edu/?p=7840>

Contact



MONTANA
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