



Increasing Inclusive Fitness Under the Big Sky: Webinar Feb. 23, 2021

Other Events & Resources

Upcoming Events

- 1. National Center on Health, Physical Activity and Disability (NCHPAD)**
Join us for a two-day virtual workshop covering the basics of inclusive fitness on March 30-31st, 2021 from 11:00am -3:00pm CT on both days.
<https://www.nchpad.org/1804/6986/Inclusive~Fitness~Training>
- 2. Learn more about other NCHPAD training courses:**
Did you know our website has E-learning/training courses for all our focus areas? These courses are targeted for people working in the health care, public health, education, fitness, nutrition, as well as courses about aging into or aging with a disability.
<https://bit.ly/2ROUMJp> [bit.ly]
- 3. Lakeshore Foundation**
Don't forget to register for our free #MBSR mindfulness program in partnership with the Reeve Foundation. The program is open to anyone with paralysis, family members & caregivers. Visit <https://bit.ly/3pVMZaH> [bit.ly] to learn more.

Past Events

- 1. United States International Council on Disabilities**
USICD 2/25/2021 webinar, "30/30 – Sports as a Tool for Advocacy and Development Webinar" <https://www.sportanddev.org/en/event/3030-sports-tool-advocacy-and-development-webinar> [sportanddev.org]
- 2. ASL Deaf Health Talk**
The next ASL Deaf Health Talk livestreams on Facebook and Zoom Tuesday 2/23 at 8PM. Join deaf coach Leslye Kang, deaf physical therapist, Janna Sirlanni, and director of U-M Adaptive Sports and Fitness. <https://facebook.com/events/801448853781787/> [facebook.com]

Resources mentioned

1. Cycling the "Going to the Sun Road" in Glacier National Park

Information is available at: <https://www.nps.gov/glac/planyourvisit/bicycling.htm>

2. State assistive technology program (e.g. MonTECH)

Find your state's link to the directory from this webpage: <https://acl.gov/programs/assistive-technology/assistive-technology>

3. Centers for Independent Living

MILP is center for independent living (CILs) in south central Montana. The national network of CILs are essential partners on inclusive fitness. To find a CIL near you, visit the directory at: <https://www.ilru.org/projects/cil-net/cil-center-and-association-directory>

4. Montana Sled Hockey

Thanks @Charles and Joel! With multiple sled hockey programs, state regional events are possible, too. For example, MILP partnered with Glacier Ice Rink in Missoula on an event with David Hoff, USA National Sled Hockey Coach. <https://es-es.facebook.com/GlacierIceRink/videos/david-hoff-head-coach-for-us-national-sled-hockey-team-explains-a-drill-to-today/717423438778456/>

5. Montana State Park with ADA accessibility

Visit this website, <https://fwp.mt.gov/stateparks/find-a-park>. You can choose different park types, e.g., you can select water recreation. Choose a park you may visit, select 'amenities' for ADA accessibility. Also contact information is provided for the park to learn more.