



NO COST DROP-IN SESSIONS FOR PVA MEMBERS

Join us at Denver's #1 Adaptive Exercise Facility

Equipped with a full weight area, FES bikes, hand bikes, therapy tables, resistance equipment, treadmills, balance boards and more, SCI Recovery Project is Denver's #1 adaptive exercise facility.

As a special thank you to PVA members, SCI Recovery Project is offering free drop-in workout sessions in our facility every Thursday 1-3pm. Come meet our highly skilled adaptive exercise specialists, meet other like-minded individuals and participate in a customized workout! Staff will be on hand to discuss your unique needs, help to tailor a workout to your goals and assist with proper equipment use.

FREE FOR PVA MEMBERS

EVERY THURSDAY 1-3PM

PEER SUPPORT

LEARN ABOUT
PROGRAMS AND
SERVICES

SCI RECOVERY PROJECT

866 East 78th Avenue

Denver, CO 80229

(303) 286-0918

www.scirecoveryproject.org

Thursdays 1-3 pm