

HOW WE DO IT

We develop programs and provide "hands-on assistance" via our staff, students and the community to enable you to:

Exercise, Weight Train, Swim, Zip-Line, CLimb Rock Walls, Hand-Cycle, Ski, Do Chair Yoga, Take Nature Hikes, Bird Watch, Go Fishing, Do Chair Tai-Chi, Go Boating . . .

WHO WE DO IT FOR

People with limited mobility or a disability

Whether it's from arthritis, a neurological or muscular disease, a motor vehicle accident or injuries you received as an American Veteran, Yes U Can is committed to get you movin'.

WHY WE DO IT

What's next after the diagnosis, the doctors and physical therapy?

You want to stay physically active but have no one to assist you. You want to go to a gym and use the equipment but you need help. You want to take part in outdoor activities but they are not designed for you.

Yes U Can is making this happen for you.

Please consider making a donation or volunteering, we need your help.

www.YesUcanUSA.org email: info@yesucanusa.org follow us on ?? @YesUcanUSA