

THE YES U CAN CORPORATION MAKING DREAMS A REALITY



01

Although Vickie (a quadriplegic and co-founder of Yes U Can) has an upbeat attitude, even she didn't think skiing would ever be possible again. But here she is with a big smile on her face on top of Camelback Mountain as she takes a breath of fresh air before she races down the mountain.



02

After his motorcycle accident, doctors told Nick that he was paralyzed from the chest down and would never walk again. That didn't stop him from capitalizing on the things that he could do. Two years later he was pulling a Hummer with his wheelchair. Nick is now an avid bicyclist and participates in numerous biking events.

Nick's Hummer-Pull video on YouTube:
<http://www.youtube.com/watch?v=3AMWELnLS8>



03

Her doctor kept noticing improvements in her abilities— things that she took for granted so it was easy to forget that she previously could not do them. After living with MS for 20 years, Carol did not think she would ever get in the water again, but while participating in a Yes U Can program she proclaimed, "I used muscles that I forgot I had. It was great to wake up muscles that have been dormant for so long."

Vickie, Nick and Carol, all participants in **Yes U Can™**, are only 3 out of an estimated 115,000 disabled Delawareans. All 3 developed their disability later in life.

115,000 *The estimated number of Delawareans with disabilities*

For people with limited mobility / disability, whether it was from a motor vehicle accident, arthritis, neurological or muscular disease, brain injury, etc., building a healthy lifestyle is not so easy. According to Jack Markell's *Plan for Improving the Lives of Delawareans with Disabilities*, for people with disabilities, "...leading full, independent and productive lives brings unique challenges...." **The Yes U Can Corporation** finds ways to overcome these "unique challenges." By forming strategic partnerships in the community and with educational institutions, the **Yes U Can Corporation** (501)(c)(3),

develops assisted activity programs including: health, physical fitness and outdoor adventures as well as provides training for staff / volunteers who aide in these activities.

Yes U Can™ was founded in 2005 to serve as a means for those with disabilities to exercise—a need that was not being met. **With exception to the Yes U Can™ Program, the exercise and recreational programs that currently exist in the community do not accommodate those who require 'hands-on or standby' assistance. They only accommodate those who are still independent.**

The **Yes U Can™ Program** has been designed to address and eliminate barriers that would prevent a person with a disability from participating in a 'staff assisted' group / individualized exercise program or outdoor activity. These programs are designed to provide staff assistance to maximize involvement and participation from people with disabilities / limited mobility.



WWW.YESUCANUSA.ORG (302) 286-1399
Yes U Can Corporation, 2504 Creekside Dr., Newark, DE 19711

THE YES U CAN CORPORATION NOW AND IN THE FUTURE

The Goal of the Yes U Can Corporation is to make our ever-increasing list of accessible programs available in New Castle, Kent and Sussex Counties, in our great State of Delaware. ***Our Ultimate goal is to make it national.***

Current & Future Adaptive Programs

Healthy Eating Workshops
Sit and Be Fit
Individualized Weight Training
Swimming
Fishing
Boating excursions
Rock wall climbing
Chair Zumba
Rowing
Scuba Diving
Karate
Art Studio
Chair Tai Chi
Outdoor Environmental Programs
Outdoor Adventures

Executives

Vickie George - Co-Founder, CEO
Debra Woolwine - Co-Founder, CMO

Board Members

Senator Karen Peterson
State Representative Michael J. Ramone
Lisa Ramone
Michael E. Dunning
Stephen C. Goodwin, Ph.D.

Strategic Advisor

William E. Pelham, AIA

Our Partners

- Christiana Care PMRI
- Easter Seals
- New Castle County Department of Community Services
- University of Delaware
- Delaware Swim and Fitness
- DDC – Developmental Disability Council
- Brandywine YMCA

Please help Yes U Can “break down the barriers” that you, your family member or someone you care about has to overcome everyday by Donating to Yes U Can today at WWW.YESUCANUSA.ORG or mail your check to:

Yes U Can Corporation
2504 Creekside Dr.
Newark, DE 19711

Donations are tax deductible



Find us on
Twitter and Facebook @YesUcanUSA

For more information visit:



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Newark, DE 19711

FACT: Think You're Invincible? Think Again!

Over 1 in 4 of today's 20 year-olds will become disabled before they retire.¹

Over 36 million Americans are classified as disabled.²

More than 50% of those disabled Americans are in their working years, from 18-64.³

1. March Social Security Administration, Fact Sheet March 18, 2011

2. U.S. Census Bureau Social Security Administration, Disabled Worker Beneficiary Statistics, ssa.gov

3. U.S. Census Bureau