

## **UMAISE**

UNIVERSITY OF MICHIGAN
ADAPTIVE & INCLUSIVE SPORTS EXPERIENCE

## ADAPTIVE HIKE

Tuesday, August 12th - 10am-11:30am

Fillmore County Park, 7075 McClements Rd

Come join Howell Recreation and UMAISE (University of Michigan Adaptive and Inclusive Sports Experience) for an Adaptive Hike at Fillmore Park! This event is perfect for all skill levels and abilities. Whether you're an experienced hiker or just starting out, this hike is designed to be inclusive and accommodating to everyone. Don't miss out on this opportunity to explore the great outdoors in a supportive and welcoming environment.

UMAISE will be providing Grit Chairs (GRIT - The All-Terrain Wheelchair Built for Active Lives) for participants who need them. There are a limited number available!



FREE

This program is FREE to all but registration is required. Sign up via the QR code.

For questions about the hike please contact jbaca@howellrecreation.org. For specific questions about the grit chair please contact fankhaco@med.umich.edu.

