



Mount Sinai
Rehabilitation Hospital
Trinity Health

Spinal Cord Injury Informational Series

TWO May Opportunities



Adaptive Cycling Clinic & Ride

Option 1: Saturday, May 11, 2019 9:30a.m. & 11:00a.m. Sit, fit & Ride

Location: Iron Horse Trike & E-Bike

19 Iron Horse Boulevard, Simsbury, CT 06070

****Across from the entrance to the Performing Art Center****

Please join us for a morning on the trail in Simsbury. No experience necessary to trial a recumbent cycle. Hand cycles and power assist cycles available for trials.



CT Adaptive Rowing Program (CARP) Orientation

Option 2: Wednesday, May 29, 2019 Time: 5:00pm – 7:00 p.m.

Location: Mount Sinai Rehabilitation Hospital

Klein Room, 490 Blue Hills Ave, Hartford, CT 06112

Thinking about trying rowing? Come learn everything you need to know about Adaptive Rowing for our 2019 season!

Registration required: Contact Paige McCullough-Casciano @ (860)714-2421/
E-mail pmccullo@stfranciscare.org by Thursday, May 9th, 2019.

Offerings open to all persons with Spinal Cord Injury, family, friends and interested professionals. This program is co-sponsored by the United Spinal Association, CT Chapter and offered by the Therapeutic Recreation Department at Mount Sinai Rehabilitation Hospital.