



COME TRY ADAPTIVE SNOWSHOEING AT GROUSE MOUNTAIN



Friday April 5th 2013

This '***Come and Try Adaptive***' offers an introduction for individuals with mobility challenges who are interested in learning how to **access the great outdoors and snow-capped mountains on snowshoes and snow crutches** !

How? **SideStix!** The world's most amazing forearm crutches will be used with their snowshoe attachments to provide participants with the freedom that makes walking on snow fun!

Where? **Grouse Mountain**

When? **Friday April 5th 10am – 12.30pm**

Cost: \$60 per person (includes snowshoes, skyride pass, trail pass, use of **SideStix** and a hot chocolate and cookie break!)

SideStix assortment of outdoor crutch attachments provide the ability to experience the outdoors like never before, from snow-capped peaks to the beach. '**You Can**' and **SideStix** have teamed up to provide an enjoyable morning walking along moderate or intermediate level snowshoe trails with breath taking views across and scenery.

The aim of the program is to raise awareness of the opportunities that exist for individuals who have mobility challenges and showcase the freedom that **SideStix** crutches can provide in allowing a user to positively experience a wonderful winter adaptive sport with family and friends. Participants will also increase confidence, motivation, independence and skill levels in their mobility on and off the slope.

For further information on the '***Come and Try Adaptive Snowshoe Program*** 'and to reserve a place,

Contact: sianblyth@you-can.ca 604 202 7364. Facilitation by Sian Blyth, '***You Can***' Event Management Inc. '***You Can***'.