

# Build an active, fun lifestyle through adaptive cycling!

JFS is piloting an adaptive bike program, and Douglas County residents in the intellectual/developmental disability (IDD) community over the age of 18 are encouraged to participate!



Our program will break barriers to exploring the outdoors and support people with disabilities to:

- Increase mobility.
- Enjoy the benefits of improved health, both physical and mental.
- Build social connections.
- Work on bike and safety skills.
- Have fun in their community!

We will provide adaptive bikes and safety gear. The program will run from June through September at Parker Fieldhouse (18700 Plaza Dr, Parker, CO 80134), and Medicaid waivers and private pay will be accepted.



## Interested?

Please scan the QR code and complete a short interest form or contact Maria Erlandson, CTRS, at [merlandson@jewishfamilyservice.org](mailto:merlandson@jewishfamilyservice.org).