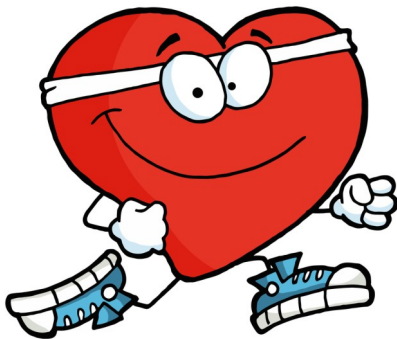


Get Active with The Arc!

Join The Arc Arapahoe & Douglas Counties this summer as we strive to get active and healthy!

- ◆ This summer program is intended for adults and transition age individuals with intellectual and developmental disabilities.
- ◆ Parents, caregivers, and siblings are welcome to attend free of charge.
- ◆ Each week features a different wellness component and a physical activity for all levels of ability.



Register and reserve your space today! The cost for the entire series is \$10 for members and \$20 for non-members. This program will take place on the following Saturdays from 2-4pm at The Arc Arapahoe and Douglas Counties located at 6538 S. Racine Circle, Centennial, 80011.

Saturday, June 7th

Saturday, June 21st

Saturday, July 12th

Saturday, July 19th

Saturday, August 2nd

Saturday, August 16th

Interested in registering or learning more? Please contact Kim Tenure at (303) 220-9228 or via email kim@arc-ad.org.

Get Active is a collaborative effort of the following community partners:

