Journey Towards Independence- Promoting Student Wellness Through Accessible Recreation and Leisure - Part 1

10/23/24 4:00pm – 4:30pm

Recreation and leisure activities offer physiological and psychological benefits that contribute to overall student wellness. Join Michelle as she explores kayaking, rock climbing, gardening, crafts, and more as a woman who is deafblind. Discover how sports, games, and hobbies can be adapted for students who are Blind/Visually Impaired, Deafblind, or Deaf/Hard of Hearing. There will be an opportunity for live Q&A and conversation. Downloads will be available with resources and tips to use and share!

Registration link:

https://us06web.zoom.us/meeting/register/tZ0qduqqrDMtGt3z1QADkfRZNpxqKTVP0qfY