

Adaptive Sports & Fitness Center Updates

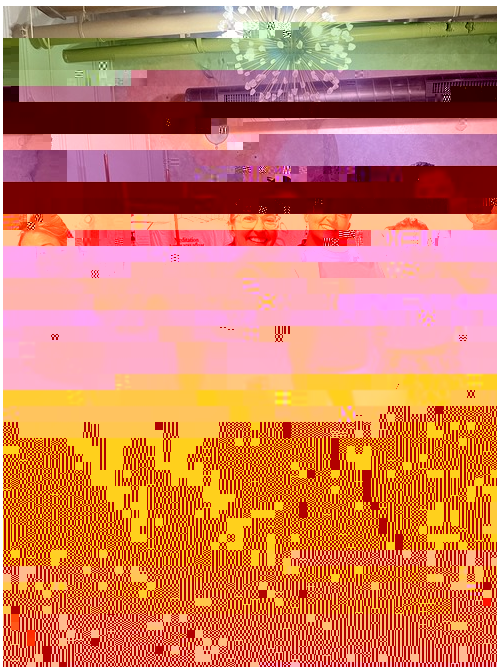
Read the August 2024 Newsletter from Shirley Ryan AbilityLab



SkyRise Chicago is Back

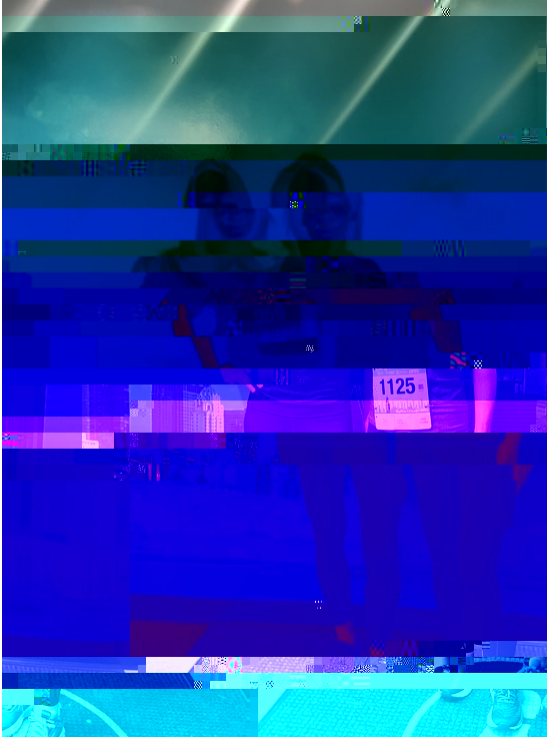
Join us November 3, 2024 for the 16th Annual Skyrise as we climb the Willis Tower together to Advance Human Ability. Climb 105 flights of stairs in person or participate virtually by walking, running, stepping or hand cycling. Your support matters!

Register Now



Yoga for the Visually Impaired

On July 27, Shirley Ryan AbilityLab's Sports & Fitness Center hosted a Yoga event for the visually impaired in collaboration with Chicago Lighthouse. The event was held at The Space Between Yoga studio and was a wonderful experience for all who participated. We look forward to hosting future events similar to this and expanding our community!



Denise's Story: Slowing PD Through Exercise

Ever since Denise was diagnosed with Parkinson's disease, she yearned to stay active and involved with her family. She came to Shirley Ryan AbilityLab to learn how to proactively manage and delay the progression. She also participates in the Proactive Parkinson's disease exercise program two days a week. "It's both exercise and education. They've created a lifestyle for me that gives me hope."

[Read the Full Story](#)



Paralympic Games Begin August 28

The Paris 2024 Paralympic Games will take place from August 28 to September 8, featuring as many as 4,400 athletes from around the world. They will compete in 22 sports across iconic venues in Paris, including the Eiffel Tower.

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