



AUGUST 3 - 9 SPORTS & RECREATION

SPIN SESSION with special guest speaker

Monday - Saturday

Email HANDCYCLING@PVA.ORG for times and registration

ADAPTIVE YOGA Led by Dr. Audrey Lee

Monday, Wednesday, Saturday 11am EST

Click to Register

BOOK CLUB sign up to read "The Lake House"

Meeting Friday Aug 7th 1pm EST

Click to Register

AIR RIFLE INSTRUCTION Led by John Arbino

Thursday 3pm EST

Click to Register

NUTRITION CLASS Led by Dr. Audrey Lee

Thursday 3pm EST

Click to Register

E-SPORTS PRACTICE Led by Travis Greaves

Friday 3pm EST

Email TravisG@pva.org for more details



On Facebook @PVASports:
Scuba week!

**Paralyzed Veterans
of America**

Check out PVA.ORG/SPORTS for more!