



SUCCEED TAKE PART IN COMPETITIONS GAIN CONFIDENCE
GET FIT GAIN NEW SKILLS HAVE FUN STAY HEALTHY
STAY HAPPY IMPROVE BOOST CONCENTRATION

**CHALLENGE
YOURSELF**

YOU CAN

**REDUCE
STRESS**

MAKE NEW FRIENDS GAIN QUALIFICATIONS
BOOST SELF-ESTEEM GET ACTIVE TRY NEW THINGS

You Can is a free day of activities for people with disabilities or additional support needs. All ages, ability levels and disabilities are welcome (including family, friends and carers).

Saturday 14th March 2015 from 10 am – 2 pm (please arrive at any point)
University Academy Keighley, Green Head Road, Keighley, BD20 6EB
 (formerly Greenhead School)

Try – adapted cycling, wheelchair basketball, archery, boccia, rugby, taekwondo, new age curling, athletics and lots more.

Includes – Outdoor climbing wall, café, Jamie’s Ministry of Food, smoothie making, Early Childhood Services Play Team, visits from Horizon Taekwondo Academy and Bumble Bees Barbarians (Mixed Ability Rugby) and information from local groups and services.



No pre booking required

To save time signing in complete registration form on back of flyer and bring on day

For full activity timetable including times of sessions and terms and conditions go to www.bradforddisabilitysports.co.uk

For more information call Andrew Lane on 07964 209 344 or email andrew.lane@wysport.co.uk