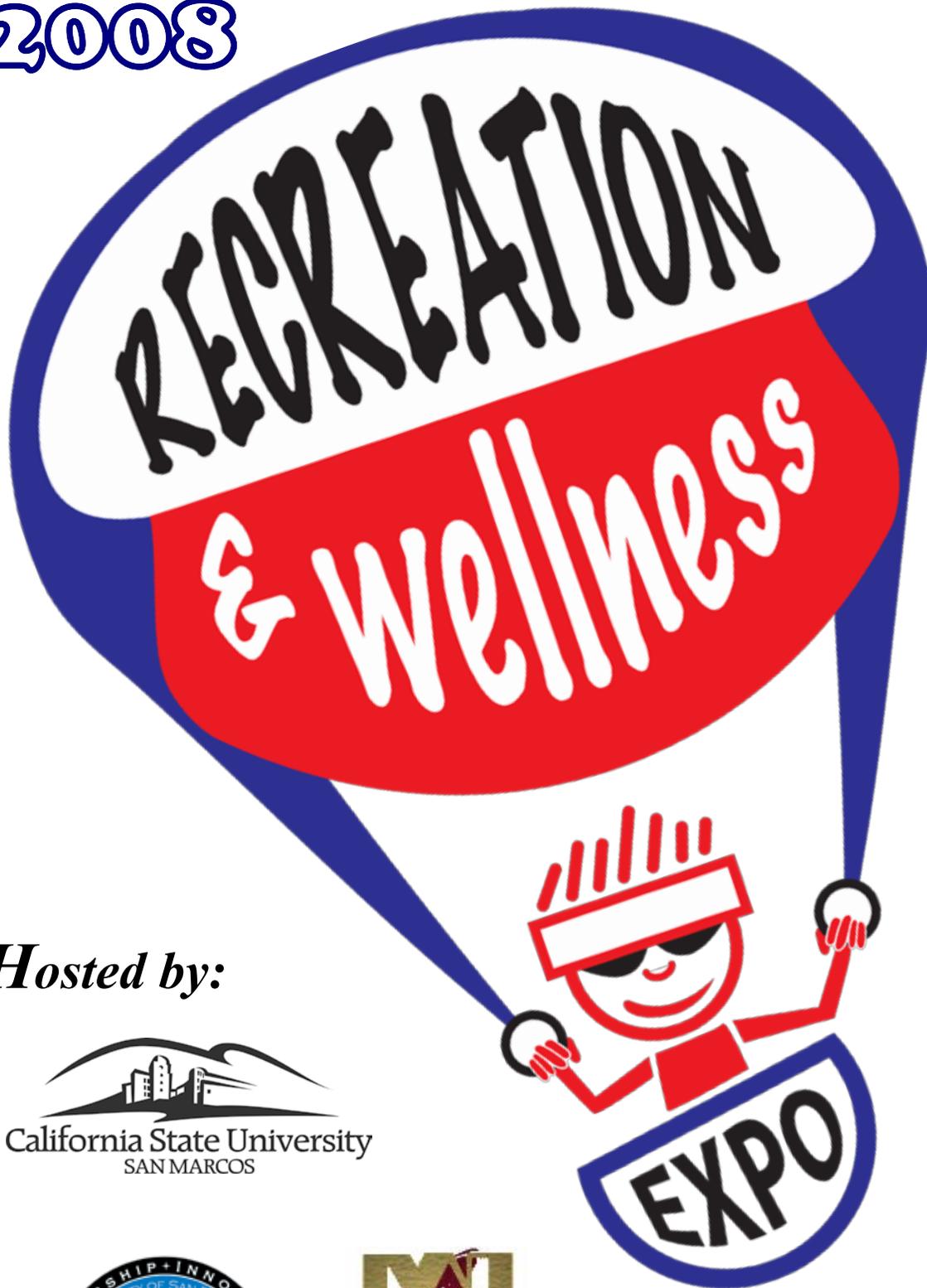


2008



*Hosted by:*



*Nu Upsilon Chapter  
of Kappa Omnicron Nu*

*For Children & Young Adults  
with Special Needs*





North San Diego County

## *Recreation & Wellness Expo*

For Children and Young Adults with Special Needs

Dear Recreation & Wellness Expo Participant,

California Children Services, a program of the county's Health and Human Services Agency, together with California State University San Marcos and Nu Upsilon are delighted to welcome you to the first-of-its kind, *Recreation & Wellness Expo for Children & Young Adults with Special Needs*. Health and wellness opportunities are critical for the optimal physical and mental development of children and young adults. This is equally, if not, more important for those with special needs.

Throughout the afternoon we have a number of activities for you to experience. Don't miss hands-on activities in the gym that are geared to all abilities. Check out the Grand Salon and discover the latest in equipment and communication devices. Outside on the basketball court, watch wheelchair and canine demonstrations and come try out hand cycles and bocce ball. Out on the terrace, have a snack and visit with the numerous community organizations surrounding you. Get creative in the CCS craft room. And above all, don't forget to visit all the areas and get your card stamped so that you can be entered into a drawing for great prizes that have been graciously donated by our community sponsors.

We invite you to visit all of the areas of the Clarke Field House/University Student Union as it is our hope that you leave here today with knowledge of the numerous opportunities available to you. In addition, this booklet also serves as a directory of services for our many organizations here today. Feel free to contact them after today.

Thank you for attending and we hope you have a great time here at the Expo!

Sincerely,

Robyn Burns, Chief  
California Children Services  
County of San Diego HHSA

Jane Sanchez, President  
Nu Upsilon Chapter of Kappa Omicron Nu  
California State University San Marcos



Nu Upsilon Chapter  
of Kappa Omicron Nu

## Ability Center

4797 Ruffner St  
San Diego, CA 92111  
(858) 541-0552  
[www.abilitycenter.com](http://www.abilitycenter.com)

Our mission is to provide our clients with professional solutions that enable them to lead more active and independent lifestyles. We accomplish this through a knowledgeable, understanding, and compassionate staff who partner with our clients to provide a quality, one-stop shopping experience. As a leader in the mobility industry, we honor our responsibility to actively support and participate in the community we serve.

## Access to Independence

209 E. Broadway, Suite A  
Vista, CA 92084  
(760) 643-0447  
[www.a2isd.org](http://www.a2isd.org)

Access to Independence is a cross-disability organization run largely by people with disabilities. We cultivate the self-respect and self-esteem of people with disabilities and promote options that empower them to choose and maintain their own lifestyles. Acting as an agent of social change, Access to Independence strives to integrate people with disabilities into community life.



**THERAPY AND RECREATIONAL SERVICES  
FOR CHILDREN WITH SPECIAL NEEDS**

**877-BIG-FUN8  
WWW.BIGFUNGYMNASTICS.COM**

## Big Fun Therapy and Recreational Services

3710 S. Robertson Blvd., Suite 225  
Culver City, CA 90232  
(877)BIGFUN8  
[www.bigfungymnastics.com](http://www.bigfungymnastics.com)

Big Fun teaches gymnastics and play skills to children of all special needs using an approach consisting of Sensory Processing, Organization of Behavior, and Motor Planning.

## Boys and Girls Club of San Marcos

1 Positive Place  
San Marcos, CA 92069  
(760)471-2490  
[www.boysgirlsclubsm.org](http://www.boysgirlsclubsm.org)

A non-profit, youth development organization. Our mission is to inspire and enable all young people to realize their full potential as productive caring citizens. We provide programs for youth ages 6-18 as well as an inclusion program for children with special needs.

## California Children Services

Escondido Medical Therapy Unit  
420 N. Falconer Rd  
Escondido, CA 92027  
(760)432-2296

Vista Medical Therapy Unit  
215 W. California Ave  
Vista, CA 92083  
(760)724-0831

[www.sdcounty.ca.gov/hhsa](http://www.sdcounty.ca.gov/hhsa)

California Children Services is a part of the San Diego County Health and Human Services Agency. CCS medical therapy program provides occupational and physical therapy services for children age birth to 21 years who have an eligible diagnosis. The Escondido and Vista Units are 2 of 6 medical therapy units located in San Diego County.



**BOYS & GIRLS CLUB**  
OF SAN MARCOS

### The **Positive Place** For Kids

1 Positive Place  
San Marcos, CA 92069  
(760)471-2490  
[www.boysgirlsclubsm.org](http://www.boysgirlsclubsm.org)

*Our Mission*  
To inspire and enable all young people to realize their potential as productive caring citizens.

- We Offer:*
- A safe place for kids to learn and grow
  - Caring professional staff
  - Inclusion program for kids of all abilities
  - Programming for kids ages 6-18
  - \$40 annual membership fee



## Canine Companions for Independence

124 Rancho del Oro Dr  
Oceanside, CA 92057  
(760)901-4300  
[www.cci.org](http://www.cci.org)

Canine Companions for Independence is a nonprofit organization that enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support to ensure quality partnerships.

## Community Interface Services

2621 Roosevelt St  
Carlsbad, CA 92008  
(760)729-3866  
[www.communityinterfaceservices.org](http://www.communityinterfaceservices.org)

A non-profit agency committed to assisting people with developmental disabilities reach their individual potential for community participation and independence by providing quality, individualized, community based support and training in employment, housing, community living and other related services.



# SCOPE

ORTHOTICS & PROSTHETICS, INC.  
*Making Dreams Happen*

### Specializing in

Adult & Pediatric Orthotics & Prosthetics

“C-Leg” Technology

Knee/Ankle/Foot Care

Mastectomy

Myoelectrics

Polio

Scoliosis

WalkAide Technology



### Escondido Office

475 No. Grape Street  
Escondido, CA 92025  
760 489-0533

### Vista Office

1929 West Vista Way, Ste. A  
Vista, CA 92083  
760 941-1323

*13 Locations in Southern California*

[www.scop.net](http://www.scop.net)



### **YOGAbilities**

Yoga instruction and yoga therapy for children of different ages and abilities.

**Jan Spain, PT, RYT, CMAI**  
physical therapist, registered yoga teacher

- Individual and group yoga sessions for the child with special needs
- Itsy Bitsy Yoga classes for infants, tots & tykes
- Yoga classes for school-age children
- Infant massage instruction

**760-443-8096**

**[janspainpt@hotmail.com](mailto:janspainpt@hotmail.com)**

## **Consumer Center For Health Education and Advocacy**

**1475 Sixth Ave, 4th floor  
San Diego, CA 92101  
(619)471-2736**

**[www.lassd.org](http://www.lassd.org)**

**[www.healthconsumer.org](http://www.healthconsumer.org)**

Non profit program of the Legal Aid Society of San Diego, providing education and advocacy to consumers who want assistance in getting the health services they need. Assist with MediCal, Healthy Families, CMS, Mental Health, SSI, Medicare Part D and private HMO's.

## **County of San Diego, Health and Human Services Agency**

**1701 Mission Ave.  
Oceanside, CA 92058  
(760)967-4572**

**[www.sdcounty.ca.gov/hhsa](http://www.sdcounty.ca.gov/hhsa)**

The County of San Diego's Health and Human Services Agency (HHSA) provides a comprehensive range of health and social services through a unified service-delivery system that is family focused and community-based. HHSA's North Regions will provide information on services including healthcare, foster care, immunizations, food stamps and other nutrition information.

## **Designing Mobility**

**7292 Opportunity Rd  
San Diego, CA 92111  
(858)571-6544  
[www.designingmobility.com](http://www.designingmobility.com)**

We provide custom pediatric/adult medical equipment including electric wheelchairs, lightweight manual wheelchairs, tilt and reclining wheelchairs, bathroom equipment, and a variety of seating and positioning products.

## **DynaVox Technologies & Mayer-Johnson**

**2100 Wharton St, Suite 400  
Pittsburgh, PA 15203  
(866)396-2869  
www.dynavoxtech.com**

DynaVox Technologies and Mayer-Johnson offer a full spectrum of speech-output and educational tools for individuals with communication and learning challenges. Collectively, these solutions are known as Augmentative and Alternative Communication, or AAC. DynaVox and Mayer-Johnson help people of all ages and abilities make meaningful connections with the world around them.

## **Escondido Youth Baseball Morgan Division**

**(760)739-8628  
<http://eteamz.active.com/ecll/>**

Baseball team for all children ages 5-22 regardless of their disability level. Each child is assisted by a buddy.



Rady Safety Store is a place where families can shop for low-cost safety products and receive answers to child safety questions from trained health and safety educators. Personalized safety assessments as well as disaster planning and education are free to the public by appointment. Families visiting the Safety Store at Rady Children's Hospital in San Diego will find:



Home Safety Products  
Helmets for all Sports  
Child Passenger Safety Seats  
Car seat installations by appointment only  
Home fire and safety products and disaster kits  
Adaptive Safety Equipment and Consultations



We serve all families, including those who have children with special health care needs or disabilities, in an effort to create safe homes and prevent unintentional injuries to children.

Store hours are Monday, Wednesday and Fridays from 10 a.m. to 2 p.m.  
In the front lobby of the Rose Pavilion (Main entrance next to the  
Emergency Department) 3020 Children's Way, San Diego 92123

***Please call at 858-576-1700 x3556  
for more information.***

## **Exceptional Family Resource Center**

**255 Pico Ave., Suite 101  
San Marcos, CA 92069  
(760)761-5553  
[www.efrconline.org](http://www.efrconline.org)**

EFRC provides parent-to-parent emotional support; information and referral to programs and services; a resource and lending library; training and educational opportunities for parents and professionals. Services provided in English and Spanish.

## **Family Karate**

**12798 Rancho Penasquitos Blvd  
San Diego, CA 92129  
(858) 484-4747  
[www.familykarateusa.com](http://www.familykarateusa.com)**

Family Karate offers a physically challenged/special needs class at no charge. The school's mission statement is to improve the world, one student at a time. We accomplish this by building self esteem through the process of setting and reaching goals.

## **Homes 4 Angels**

**Pam McCormick-Homes 4 Angels  
9844 Hibert St.#G-1  
San Diego, CA 92131  
(858)354-7335**

Homes for Angels, is an alliance of deeply committed individuals and organizations whose primary purpose is to help people with disabilities and exceptional families gain access to home ownership and innovative housing opportunities.

## **HOPE Infant Family Support Program**

**255 Pico Ave., Suite 101  
San Marcos, CA 92069  
(760)761-5577  
[www.sdcoe.net/student/hope](http://www.sdcoe.net/student/hope)**

HOPE, a program of the San Diego County Office of Education, provides early intervention, special education services to families with eligible children from birth through age 2 in the North Coastal, North Inland and South County regions of San Diego.

# Go ahead make a scene!

*Is your child challenged by significant speech, language or learning disabilities? DynaVox Technologies speech communication solutions and Mayer-Johnson's education products provide the foundation they need to reach their fullest potential.*



*DynaVox V speech communication device featuring Boardmaker visual scenes.*

## **J & J Artificial Limb and Brace**

**15644 Pomerado Rd #103  
Poway, CA 92064  
(858)613-0958  
www.jandj.org**

Provider of prosthetic and orthotic devices.

## **Johnson's Orthopedic of San Diego**

**9570 Ridgeway Ct, Suite C  
San Diego, CA 92123  
(858)278-0518**

We are dedicated to providing outstanding service that is personal, efficient, and medically sound. Our mission is to enhance the well-being and enrich the quality of life of our patients through excellence in custom orthotic care with the utmost in professionalism, medical integrity, and dignified, compassionate service.

**Mental Health America  
of San Diego County**

**4069 30th Street  
San Diego, CA 92104  
(619)543-0412  
www.MHASD.org**

MHASD provides information and referrals for mental health services.

**Mental Health Systems, Inc./  
Building Bridges Together**

**1840 Wilson Ave, Suite C  
National City, CA 91950  
(619)477-0757  
www.buildingbridges2gether.org**

We are an information and referral program for the entire county of San Diego, focusing on the needs of children & youth with emotional, behavioral, or mental disorders and their families. We provide leadership and a voice for families through referrals to appropriate social service agencies, and act as advocates regarding prevention, early intervention and family support.

**Mobility Solutions Inc.**

**7895 Convoy Court # 11  
San Diego, CA 92111  
(858)278-0591  
www.mobility-solutions.com**

Provider of custom built sport chairs, power and manual wheelchairs, gait trainers, bathroom equipment and standing frames.

**NAMI San Diego  
(National Alliance on Mental Illness)**

**4480 30th Street  
San Diego, CA 92116  
(619)543-1434  
www.namisaniego.org**

NAMI San Diego, a non-profit organization, providing education, support services, and advocacy to improve the quality of life of everyone affected by mental illnesses.

## **National Seating and Mobility**

**9275 Trade Place, Suite B  
San Diego, CA 92126  
(858)689-7070  
www.therightchair.com or  
www.nationalseating&mobility.com**

National Seating & Mobility provides customized wheelchairs and adaptive seating systems for individuals who have been diagnosed as having permanent or long-term loss of mobility due to trauma, physical abnormality, structural defect or disease.

## **North County Health Services**

**150 Valpreda Rd  
San Marcos, CA 92069  
760-736-6700  
www.nchs-health.org**

The mission of North County Health Services is to improve the health status of our diverse communities by providing quality health care that is comprehensive, affordable and culturally sensitive.

## **North County Transit District**

**810 Mission Ave  
Oceanside, CA 92054  
(760)966-6561  
www.gonctd.com**

NCTD services include Breeze bus, Sprinter, Coaster and our ADA services for seniors and individuals with disabilities.

**Nu Upsilon Chapter of  
Kappa Omicron Nu  
California State University San Marcos  
www.csusm.edu/kon**

Members of this national honor society enjoy not only recognition and honor but also life-long opportunities for networking, personal growth, and professional growth through education and service.

**Health & Disability Research  
Team(HDRT)  
California State University San Marcos  
ebigham@csusm.edu**

The HDRT is a collaboration of researchers and students interested in increasing awareness and scientific understanding of health and disability. The HDRT website provides information about opportunities to participate in current research and outreach projects.

# Caring For those in Need

At J & J Artificial Limb and Brace we maintain the highest standards in patient care by providing:

- \* Quality services in a professional yet personal manner
- \* Our practitioners have over two decades of knowledge and experience in the field of orthotics and prosthetics
- \* We employ the latest technologies
- \* Full service central fabrication on site
- \* We specialize in caring for children and adults challenged by neurological and orthopedic disorders
- \* Our prostheses are designed and built considering the needs of each individual patient while utilizing the highest standards of craftsmanship
- \* We are the ONLY facility to offer a one year guarantee of proper fit on all devices
- \* We are the sole provider of the Hart Orthotic System in Southern California
- \*Se Habla Espanol



## J & J ARTIFICIAL LIMB AND BRACE

15644 Pomerado Road Ste 103

Poway, CA 92064

Office: 858-613-0958

Fax: 858-613-0959

website: [www.jandj.org](http://www.jandj.org)



ABC Accreditation

ORTHOTICISTS & PROSTHETICS

## **Palomar Family YMCA**

**1050 North Broadway  
Escondido, CA 92026  
(760)745-7490  
<http://palomar.ymca.org>**

The Palomar YMCA is a community based social service organization that offers membership and youth/family programs for all, including financial assistance to any that cannot afford services.

## **Paws'itive Teams**

**P.O Box 27018  
San Diego, CA 92198  
(858)674-0845  
[www.Pawsteams.org](http://www.Pawsteams.org)**

Paws'itive Teams train service dogs to assist mobility-limited persons in achieving greater independence and, through educational presentations and animal assisted therapy, enhances the lives of persons living in San Diego County.

## **Permobil**

**628 via Del Caballo  
San Marcos, CA 92078  
(619) 572-6356  
[www.permobilusa.com](http://www.permobilusa.com)**

Provides power mobility.

## **Rady Children's Hospital, Oceanside Developmental Services/C3**

**4120 Waring Rd  
Oceanside, CA 92056  
(760)758-1620  
[www.rchsd.org](http://www.rchsd.org)**

**C3 Program  
(858) 966-8014  
[www.howkidsdevelop.com](http://www.howkidsdevelop.com)**

Rady Children's Oceanside Center Developmental Services provides Audiology, Physical Therapy, Occupational Therapy, Speech Therapy and the Developmental Evaluations. The Children's Care Connection (C3) also located at the Oceanside Center is part of the San Diego First 5 Program and offers free developmental screenings, parent coaching, parenting classes and developmental classes to the families of children 0-5 years of age or kindergarten entry.

## **Rady Children's Hospital, San Diego**

**3665 Kearny Villa Rd  
San Diego, CA 92123  
(858)576-1700x 3556  
www.rchsd.org**

Rady Children's hospital operates a hospital based and Mobile "Safety Store". The safety store sells products for home safety and "child proofing" a home, sports safety including a variety of helmets and safety equipment, car seats and professional installation and education and products for disaster preparedness. The keystone of our store is education and the personalized assessment and plan that is incorporated with the sale of each product.

## **REINS**

**P.O. Box 1283  
Bonsall, CA 92003  
(760)731-9168  
www.reinsprogram.org**

Riding Emphasizing Individual Needs and Strengths is a non-profit, therapeutic horsemanship program. REINS is a unique approach to therapy for people with disabilities. Using horses as a therapy tool, REINS allows people in wheelchairs to walk, children with heart conditions to trot and autistic individuals to laugh. REINS provides a supportive community for its special riders and their brave families, people who rarely find a place where they are in the majority.

## **Richard's Rehab Solutions**

**22780 Water View Dr  
Canyon Lake, CA 92587  
(951)325-7107**

Richard's Rehab Solutions is an independent manufacturer's representative group providing educational, assessment assistance and marketing of rehabilitation products in California and Nevada. Call us for dealer referral or special needs!

## **San Diego Adaptive Sports Foundation**

**3089C Clairemont Drive, Suite 153  
San Diego, CA 92117  
(619)336-1806  
www.sdASF.org**

SDASF believes that persons with physical disabilities, such as spinal cord injuries, amputations, spina bifida, cerebral palsy, muscular dystrophy and other orthopedic and neurological disorders share the same need and capacity for attaining physical fitness and athletic excellence as any other person, regardless of ability.

## **San Diego Regional Center**

**4355 Ruffin Rd, Suite 104  
San Diego, CA 92123  
(858)576-2966  
www.sdrc.org**

The San Diego Regional Center (SDRC) is a nonprofit corporation responsible for diagnostic, counseling and coordination of services for people with developmental disabilities in San Diego and Imperial Counties. SDRC serves as the focal point within the community for developing needed resources for persons with developmental disabilities and their families.

## **SCOPE Orthotics & Prosthetics, Inc.**

**North County Offices  
Escondido  
475 No. Grape St.  
Escondido, CA 92025  
(760) 489-0533**

**Vista  
1929 West Vista Way, Ste A  
Vista, CA 91941  
(760) 941-1323  
www.scop.net**

SCOPE specializes in Prosthetic and Orthotic devices.

## **Special Olympics So. California-San Diego County**

**10977 San Diego Mission Rd  
San Diego, CA 92108  
(619)283-6100  
www.specialolympicssandiego.com**

Special Olympics, Inc. is the world's largest sports organization. In Southern California, more than 12,000 children and adults with intellectual disabilities participate in year-round sports training and competitions at no cost to athletes and their families. The Special Olympics program in San Diego County provides opportunities for over 1200 athletes in three different seasons.

## **The City of San Diego Park and Recreation Dept Therapeutic Recreation Services**

**3325 Zoo Dr  
San Diego, CA 92101  
(619)525-8247  
www.sandiego.gov**

Provide recreation opportunities for people ages 3 and up with any disability.



858-278-0591 San Diego  
909-824-2185 Riverside/San Bernardino  
**Custom Wheelchairs & Related Products**

**The San Diego Access  
and Crisis Line Mental Health  
Information & Referral Services**

**(800) 479-3339**

The San Diego Access and Crisis Line, serves all residents of San Diego County. Provides info on: Alcohol and Drug Support Services, Mental Health Support and Referrals, Community Resources, Suicide Prevention, Crisis Intervention.

**Tobii ATI**

**333 Elm Street  
Dedham, MA 02026  
(858)679-9538**

**[www.assistivetech.com](http://www.assistivetech.com)**

Tobii ATI is the premier developer of innovative hardware and software solutions for people with physical, cognitive, and speech disabilities. Products include the MyTobii eye tracking device, Mercury and MiniMerc communication devices, VS Communicator 4 software, LinkPLUS and LinkClassic talking keyboards, L\*E\*O recorded speech device, AT Profile checklist, and Stages Assessment, Stages Math, and EvaluWare Software.

**Together We Grow**

**San Diego Location:  
5055 Viewridge Ave  
San Diego, CA 92123  
(858)751-0506**

**Oceanside Location:  
3815 Mission Ave., Suite 107  
Oceanside, CA 92054  
(760) 757-6031  
[www.togetherwegrow.net](http://www.togetherwegrow.net)**

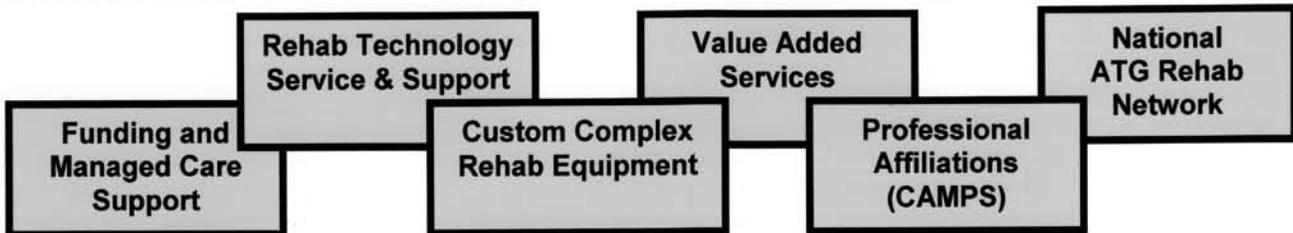
Together We Grow is a unique child development and education program which includes: pediatric daycare and skilled nursing care, medically fragile weekend program, infant through adolescent programs, Early Start program, sensory integration room, extended day program for medically fragile children, and assistive technology.

# Designing Mobility Life in Motion! Mobility and Seating Solutions

An ATG Rehab Company



**Designing Mobility** is a specialized medical equipment supplier equipped to provide innovative solutions to persons with mobility, seating and positioning needs along with wheelchair service and repair throughout Southern California. Servicing *all* of Southern California from *three convenient locations*-Cerritos, Burbank, and San Diego- **"We are there to care when you need us most!"**



Providing Mobility and Seating Solutions such as:

- **Power Wheelchairs**
- **Manual and Lightweight Wheelchairs**
  - **Adaptive Seating**
  - **Standing and Positioning Frames**
- **Specialty Ambulatory and Toileting Aides**
  - **Specialty Bathing Aides**
  - **Rental Equipment**
  - **Portable Ramps**



, part of the **ATG Rehab** network of companies from Connecticut to California, affords the national strength and size to offer its customers paramount, premium, customized care - while maintaining critical, individual and localized focus and service. **Large enough to serve, yet small enough to care.** We are always ready to serve you and your patients who need rehabilitation or assistive technology services. To learn more or to make a referral, please contact us at the following address, phone number, or website:

16624 Edwards Road  
Cerritos CA 90703  
(562) 921-0258  
[www.atgrehab.com](http://www.atgrehab.com)

215 West Palm  
Burbank CA 91502  
818-846-1371  
[www.atgrehab.com](http://www.atgrehab.com)

7292 Opportunity Road-Suite C  
San Diego, CA 92111  
858-571-6544  
[www.atgrehab.com](http://www.atgrehab.com)

## **United Cerebral Palsy**

**8525 Gibbs Dr, Suite 100  
San Diego, CA 92123  
(858)571-7803  
www.ucpsd.org**

UCP offers the following programs: Information and referral, family support services, adaptive aquatics, toy library, assistive technology center, project success, sibling support groups, teen and young adult support groups, adult programs.

## **XciteSteps, LLC**

**105 Cancha De Golf  
Rancho Santa Fe, CA 92091  
(858)779-9674  
www.excitesteps.com**

Xcite Steps is a program dedicated to children, teens and adults who experience cognitive or developmental disabilities. We offer one on one social and recreational mentoring building a program around your child's needs. A personal mentor works with your child in an encouraging and positive environment. Xcite Steps also offers ways for your child to interact with others through small group social club activities and sport leagues.

## **Yogabilities- Yoga Instruction and Yoga**

**1026 West El Norte Parkway, Suite 9  
Escondido, CA 92026  
(760)443-8096**

Yoga for children with special needs has many benefits that include improving flexibility, strength, balance and coordination, improving motor planning by learning new poses, and enhancing skills needed for school such as paying attention and following directions. Small group classes are offered that are fun and child-friendly. This recreational program is a great supplement to therapy.



### **Breaking Down Barriers Program**

4069 30th Street  
San Diego, CA 92104  
Phone: 619-543-0412  
Fax: 619-285-1938  
Website: [www.mhasd.org](http://www.mhasd.org)



**Families with Disabilities...**



**There is money there to  
HELP YOU TO BUY NOW!**

**HAVE THE DREAM OF HOME OWNERSHIP AND RECEIVE UP TO \$100,000 IN DOWN PAYMENT ASSISTANCE.**

**Below Market Rate!**

This is a statewide program designed to assist low and moderate income borrowers who are disabled, or have family members with disabilities living with them, in purchasing their first home.

Borrowers can obtain a 30-year fixed first home loan with a low interest rate and a second home loan that does not exceed 3% of the sales price which is deferred until the first loan is paid off. This is a cooperative effort to assist disabled Californians in purchasing their first home.

*For more information on this program or any other Real Estate needs you may have, call...*



**Pam McCormick**

**Realtor®**

Realty Executives Advantage

**(858) 354-7335-Cell**

**(858) 683-2071-Fax**

Psm@sundance100.com



**2008 Recreation and Wellness Expo Planning Committee**

**Jenel Bosze**, MPH, Community Health Promotion Specialist – County of San Diego Health and Human Services Agency

**Elizabeth Bigham**, Ph.D., Adjunct Professor, Human Development Program-California State University San Marcos, Co-Advisor for Nu Upsilon Honor Society

**Laura deGhetaldi**, Ed.D, Adjunct Professor, Dept. of Kinesiology-California State University San Marcos

**Lisa C. Dickinson**, Fitness & Wellness Coordinator, Clarke Field House/Student Union-California State University San Marcos

**Marianne Hanover**, DPT-HHSA California Children Services

**Katherine Lorenzini**, PT-HHSA California Children Services

**Carey Riccitelli**, MPH, Sup. Community Health Promotion Specialist – County of San Diego Health and Human Services Agency

**Jane Sanchez**, President, Nu Upsilon Honor Society

**Nancy Washwell**, OTR/L-HHSA California Children Services

**Kara A. Witzke**, Ph.D., Associate Professor, Chair, Dept. of Kinesiology-California State University San Marcos, Co-Advisor for Nu Upsilon Honor Society

# *Schedule of Events*

<b>Time</b>	<b>Activity</b>	<b>Location</b>
3:00	Cupstacking	Gym
3:30	Paws'itive Teams	Outside Basketball Court
4:00	Hawaiian Poi Balls(creating)	Gym
4:30	Hawaiian Poi Ball (playing)	Gym
5:00	Panelchutes	Outside Basketball Court
5:30	Wheelchair Sports Demo	Outside Basketball Court
6:00	Wheelchair Sports Demo	Outside Basketball Court
6:30	Cupstacking	Gym
ongoing	CCS Craft Room	Room 108
ongoing	Vision/Hearing Screenings	Room 109
ongoing	Handcycling	Outside Basketball Courts
3:30-5:30	Blood Pressure Screenings	Room 110

*"Door Prize Drawings" every 30 minutes\**

*\*need not be present to win*

*We would like to thank the following organizations for their generous donations:*

**Claim Jumper Restaurant**

**Consumer Center for Health Education and Advocacy**

**County of San Diego, Health and Human Services Agency**

**GoodOnYa bar**

**Legoland**

**North County Transit District**

**Palomar Family YMCA**

**Pat and Oscar's Restaurant**

**Speed Stacks, Inc**

