

The Spinal Cord Injury Forum  
and the  
UW Medicine SCI Transitions & Wellness Program  
present:

# 2015 Spinal Cord Injury Wellness Summit



Saturday, April 25, 12:30 – 4:30 PM

South Campus Center, 3rd Floor

University of Washington, 1601 NE Columbia Rd., Seattle, WA 98195

Come to a fabulous Saturday afternoon of learning and hands-on recreational activity for individuals with spinal cord injuries! This year the SCI Wellness Summit will be devoted to highlighting local adaptive recreation programs. You will have an opportunity to experience yoga, rowing, cycling and painting using specialized equipment. There will also be information sessions and demonstrations on accessible camping, fishing, hunting, photography, swimming, soccer, basketball, rugby, tennis and more. Check-in from 12:00-12:30 pm. UW parking is free starting at noon on Saturday.

- ◆ Presentations ◆ Demonstrations ◆ Hands-On Sessions ◆ CEUs for therapists ◆  
◆ Exhibits ◆ Refreshments ◆ Raffle ◆ Art Show ◆

The SCI Wellness Summit is free, but registration is required.

**Learn more and register at**

**<http://sci.washington.edu/summit2015>**

**or call 206-744-2060**

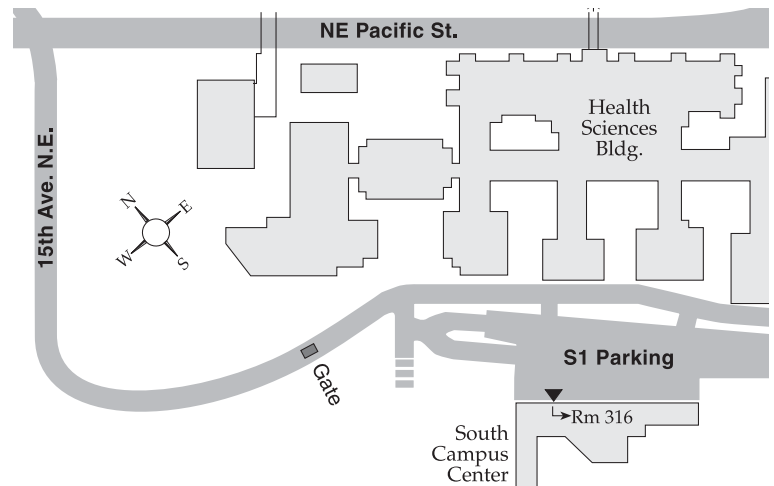
**Thank you to our underwriters:**

- ◆ Restorative Therapies, Inc. ◆ Rocklyn Medical ◆ Numotion ◆  
◆ Byram Healthcare ◆ Coloplast ◆ Hollister, Inc. ◆

## How to get to the SCI Summit:

1601 NE Columbia Rd, Seattle, 98195

- Park on the top level of the S-1 parking garage, accessible from 15th Ave NE. **Parking is free after 12 noon.**
- Enter the South Campus Center from the top level of S-1 and you will be on the 3rd floor.
- Follow the signs. Check in at Room 316.



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**Bulletins...**

**SCI-CARE Study**

UW researchers are seeking individuals with SCI for a study to improve care for people with SCI who are dealing with pain, low mood, or being less active than they want to be. Learn more about the study and who is eligible by calling 206-744-3608 (toll free 866-495-7015).

**SCI Transitions Program**

The Spinal Cord Injury Transitions and Wellness Program at University of Washington and Harborview Medical Centers is a free health promotion program for individuals with spinal cord injuries who currently receive care from a UW Medicine physician or clinic. The program includes exercise classes, driving instruction, yoga, fishing, cruises, computer access, and counseling. For more information, call 206-744-2060.

**Co-Motion Study**

UW researchers are seeking individuals with traumatic SCI at C6 or below for a study examining the effectiveness of a 16-session physical activity program for improving health and fitness. To learn more and find out if you might be eligible to participate, call 206-221-4079.

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**SCI FORUM SCHEDULE SPRING 2015**

May 12 ..... *SCI Quiz Night*

June 9 ..... *Rewalk™ Exoskeleton Program*

**[sci.washington.edu/forum](http://sci.washington.edu/forum)**

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To request disability accommodations, contact the Disability Services Office at least ten days in advance at 206-543-6450 (voice); 206-543-6452 (TTY); 206-685-7264 (FAX); or [dso@u.washington.edu](mailto:dso@u.washington.edu) (email).