

# COMMUNITY HEROES

## YMCA-YWCA benefits from Rick Hansen Wheels in Motion



People living with spinal cord injuries in St. John's will have access to state-of-the-art exercise equipment thanks to the YMCA-YWCA and Rick Hansen Wheels in Motion, presented by Scotia-bank.

In partnership with the Miller Centre, Eastern Health, a portion of the funds raised at the 2009 Wheels in Motion event has been used to purchase an Electric Mat Platform, which will enable individuals with spinal cord injuries to have wheelchair access to strength and mobility training equipment in a community-based gym environment.

Pictured (from left) are: Tracy Harris, manager, membership sales and service, YMCA-YWCA of Northeast Avalon; Dion Regular, Rick Hansen Ambassador, St. John's; Renee Broomfield, occupational therapist, Eastern Health; Danielle Hogan, occupational therapist, Eastern Health; and Jennifer Shears, physiotherapist, Eastern Health.