

## **"Ride the Waves" at *Day on the Lake***

People with physical and neurological disabilities can get their feet wet at St. Joseph's Hospital and Medical Center's Barrow Neurological Institute's 13th annual *Day on the Lake*. The sports and recreation event allows participants to take part in water sports such as water skiing, jet skiing, fishing, boat rides and kayaking – activities that people with spinal cord injuries are traditionally unable to enjoy. The event is set for Friday, May 29, and Saturday, May 30, at Bartlett Lake Marina from 8:30 a.m. to 2:30 p.m.

*Day on the Lake* is the only event of this caliber offered in Arizona. It provides people with physical disabilities access to adapted water sports and recreation. With the help of Barrow and a specialized team from California, participants can try their hand at water sports in a safe and encouraging environment.

"*Day on the Lake* promotes health and wellness to people with physical disabilities," says Jo Crawford, event coordinator. "The event gives them a rare opportunity to experience water sports and recreation."

Participants must be one-year post injury and at least eight years of age to participate in activities. Children between three and eight years of age are able to fish and enjoy a boat ride.

To register for the event, please call 602-406-3606 or visit [www.thebarrow.org](http://www.thebarrow.org) to download registration and waiver forms. Registration cost is \$20.