

Build an active, healthy lifestyle through adaptive cycling!

Our adaptive bike program supports people with intellectual/developmental disabilities (IDD) to:

- Break barriers to exploring the outdoors
- Increase mobility.
- Enjoy the benefits of improved health, both physical and mental.
- Build social connections.
- Work on bike and safety skills.
- Have fun in your community!

Douglas*, Arapahoe, and Elbert County residents in the IDD community are encouraged to participate!

**May through October 2
at Parker Fieldhouse
18700 Plaza Dr, Parker, CO**

**Adaptive bikes and safety gear provided.
Medicaid waivers and private pay accepted.
Must be 18 years or older to participate.**



Interested?

Please scan the QR code and complete a [short interest form](#) or contact Alexa Feenstra at afeenstra@jewishfamilyservice.org.

**Scholarships are available to cover the cost of participation for adults with IDD who live or receive services in Douglas County. We also offer small-group sessions for organizations that serve individuals with IDD in Douglas County.*



Anonymous Participant Testimonials

"So much to be gained physically with biking, but it is also so good for one's mental health and self esteem."

"Everyone was so patient and kind. Our daughter was able to progress at her pace and have a terrific experience."



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