

“WHEN YOU EMPOWER SOMEONE, YOU TURN A DISABILITY INTO ABILITY. YOU TRANSFORM DOUBT INTO CONFIDENCE. YOU ALLOW THE IMPOSSIBLE TO BECOME POSSIBLE... THROUGH SPORTS AND FITNESS ACTIVITIES, WE AIM TO DEVELOP SOCIAL SKILLS, SELF-ESTEEM, AND PHYSICAL WELL-BEING IN INDIVIDUALS WITH SPECIAL NEEDS.”

Through adaptive sports, we are there to help build confidence and empower your child to try something new. We want to be a part of the transition from awareness initiatives to community engagement.



Program Dates (all at 1pm):

- February 12th, 19th, and 26th
- March 5th and 26th
- April 2nd

Adventure Recreation Center
(855 Woody Hayes Drive
Columbus, OH)



**EMPOWER
SPORTS**

EMPOWER SPORTS AT OHIO STATE

Spring 2023 Program

Enroll your child by sending an email to ohiostate@empowersports.org

Open to all ages 18 and under!



WHO WE ARE

Our mission is to harness the power of competition and teamwork in sports to build the self-confidence and interpersonal skills of children with autism. We will facilitate opportunities for these children to get a better grasp on their physical and psychological health through engagement with fitness and a commitment to fostering meaningful relationships with their peers and the community.



CHECK OUT INSTAGRAM
FOR MORE PICTURES!
@EMPOWERSPORTSOSU



- ## OUR FOCUS
- INITIATING AND MAINTAINING SOCIAL INTERACTION
 - UNIQUE, PERSONAL EXPERIENCE FOR EACH PARTICIPANT
 - EMPHASIS ON THE POWER OF COLLABORATION



Contact Information:
For signups and inquiries contact:
ohiostate@empowersports.org