

Our mission is to **CONNECT** individuals impacted by spinal cord injuries or disorders, including families, caregivers, and professionals. Our members **EMPOWER** each other to **ENGAGE** in active and healthy lifestyles.



How We Do It...

Iowa Chapter of United Spinal Association

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CONNECT
EMPOWER
ENGAGE



**United Spinal
Association**
Iowa Chapter

ANNUAL EVENTS

BOWLING

A free round of accessible bowling (adaptive devices provided) for all. Friends and family are encouraged to participate.



SOCIALS (EAT & GREET)

We take the opportunity to have a meal together, do some fun group activities, and spend time getting to know each other. This is when we're able to make new friendships, and strengthen others, with people who share the same experiences from having a spinal cord injury or disorder.



ADAPTED LIVING & RECREATION EXPO

An all-day event showcasing a vast array of adapted recreation & sport opportunities inclusive for ALL, as well as products and services designed for living with a spinal cord injury or disorder.



PEER MENTORING

Peer Mentors are available to help individuals adapt to their new "normal life" living with a spinal cord injury or disorder. Mentors meet them at hospitals, clinics, or anywhere that's accessible in their community. They can even just "meet" via phone calls or using the Internet (video conference, email, chat).



ADVOCACY COMMITTEE

We want to educate our members to become their own advocates at a level they are comfortable with: self, local, state and/or federal. Our hope is to provide a basic education on the principles of advocacy and how to build working relationships with legislative offices and other groups to create positive change for the spinal cord injury/disorder community and others in Iowa.



EQUIPMENT RENTAL

Free rental of accessible recreation equipment (golf, pinball, handcycling, bowling, kayaking, disc golf, and much more). To see what's available, visit <http://unitedspinaliowa.org/equipment/>. You must be a current member to use this chapter program. If you're not a member, join today by going to <http://unitedspinaliowa.org/membership/> or use the provided QR code.

NEWSLETTER

Our email newsletter features information about events and members throughout the state. Let us know what is going on in your neck of the woods!

SOCIAL MEDIA PLATFORMS

Keep up with us on Facebook@unitedspinaliowa & Instagram@unitedspinaliowa. Please follow us and share posts with your friends! We use these platforms to further our mission.

IOWA DISABILITY EQUIPMENT SWAP

A resource for members to buy, sell, & trade their accessible equipment and medical supplies via a private Facebook group. Items aid those with disabilities. Search this group on Facebook to join.

AND MORE

We do other in-person and virtual activities during the year. Plus, Iowa Chapter members have access to United Spinal Association's numerous resources and receive New Mobility magazine, which gives readers the opportunity to explore and enjoy life as a wheelchair user.

Become a Member Today!
QUICK, EASY, & FREE

<http://unitedspinaliowa.org/membership/>

