



# FITNESS FOR ALL

Outside the Swope Interpretive Center  
East Meyer Blvd & Swope Parkway

**September 29**  
**6:00 p.m.**

**October 20**  
**5:30 p.m.**

Come join us for a wellness event put on by KC Parks and Disabled But Not Really! This event is for all abilities and will feature a workout put on by Wes Hamilton with Disabled But Not Really and Ramon Jackson, trainer with KC Parks. The first 20 registered participants will receive a goody bag! If there is rain, we will meet at the Swope Park Bandstand.

For more information, call 816-513-7624  
Register online at [kcparks.eventbrite.com](http://kcparks.eventbrite.com)  
[kcparks.org](http://kcparks.org)

 The KCMO Parks and Recreation Department facilities and programs are available to people of all abilities. If accommodations or individualized supports are needed to participate, please contact Taryn Andersen, at (816) 513-7624.

