

Look for upcoming events!

We hope to host at least one Spring/Summer event and one Fall/Winter event per year.



We want to make sports accessible and inclusive for all adults and will work with you to succeed!

If you want to know more or want to register, please contact us at brandonwheelchairsports@gmail.com.

Or visit our website at www.brandonwheelchairsports.ca



www.brandonwheelchairsports.ca

Who We Are

We are a non-profit community group of volunteers with an interest in making a difference for people with mobility impairments in Westman. We receive funding from Government grants, organizations and public donations with 100% of the money going straight back to developing wheelchair sports.

Our Vision

Accessible wheelchair sports for all people in Westman.

Benefits of Wheelchair Sports

Physical activity benefits range from health and wellness to increased emotional quality of life. Yet, 51% of Canadians are inactive and for Canadians with disabilities, this number is even higher.

Mental Health Benefits

Improved mood, reduced anxiety and depression, an increase of self-esteem and belief in oneself.

Social Benefits

New experiences, new friendships, a sense of belonging, a countering of stigma and increase in fun!

Physical Health Benefits

Overall improvement in health, longevity, strength and endurance. A reduced risk of many chronic diseases.

Vocational Benefits

Greater likelihood of employment, with less absenteeism and enhanced productivity.

Who Can Participate?

Requirements:

- Seeking fun new experiences
- Over 18 years old
- Have a mobility impairment that affects your daily activities
- Able to participate independently or with aid of a support person

NOT Requirements

- Be a regular wheelchair user
- Have any previous skill or knowledge about sports

Who Could Benefit?

We are not just for regular wheelchair users. People that could benefit in the Westman area are those adults with any mobility impairments.

