



Founded in 2007, the AWS Foundation supports a wide range of organizations in NE Indiana working to develop a

community in which people with enduring intellectual, developmental and physical disabilities are engaged fully and meaningfully in all aspects of community life.

For more info visit www.awsfoundation.org

Plassman Athletic Center

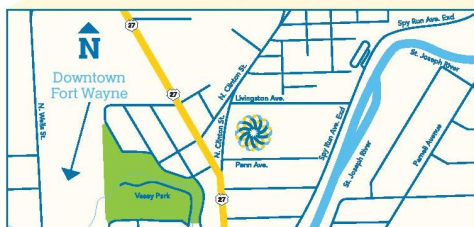
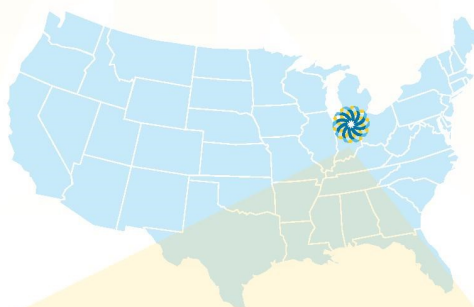
The Plassman Athletic Center was built in 2015 to accommodate the health, wellness, sport and recreation needs for people with disabilities. Our state-of-the-art building includes four collegiate size basketball courts, a 230-meter indoor track, large therapy pool, fitness center, and additional conference space to host sport and recreation programs.



www.turnstone.org | (260) 483-2100



Turnstone
Creating possibilities.



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SPORTS & RECREATION

INTELLECTUAL & DEVELOPMENTAL DISABILITIES



Turnstone

CREATING POSSIBILITIES
www.turnstone.org | (260) 483-2100



Sports and Recreation

- Bocchia
- Dance
- Cycling
- Tennis
- Game nights
- Basketball
- Floor hockey
- Cooking
- Walking
- Bowling
- Girls night out
- Curling
- And more!

For more information contact a Sports & Recreation Coordinator at **(260) 483-2100** or toll free **(866) 483-1278**.



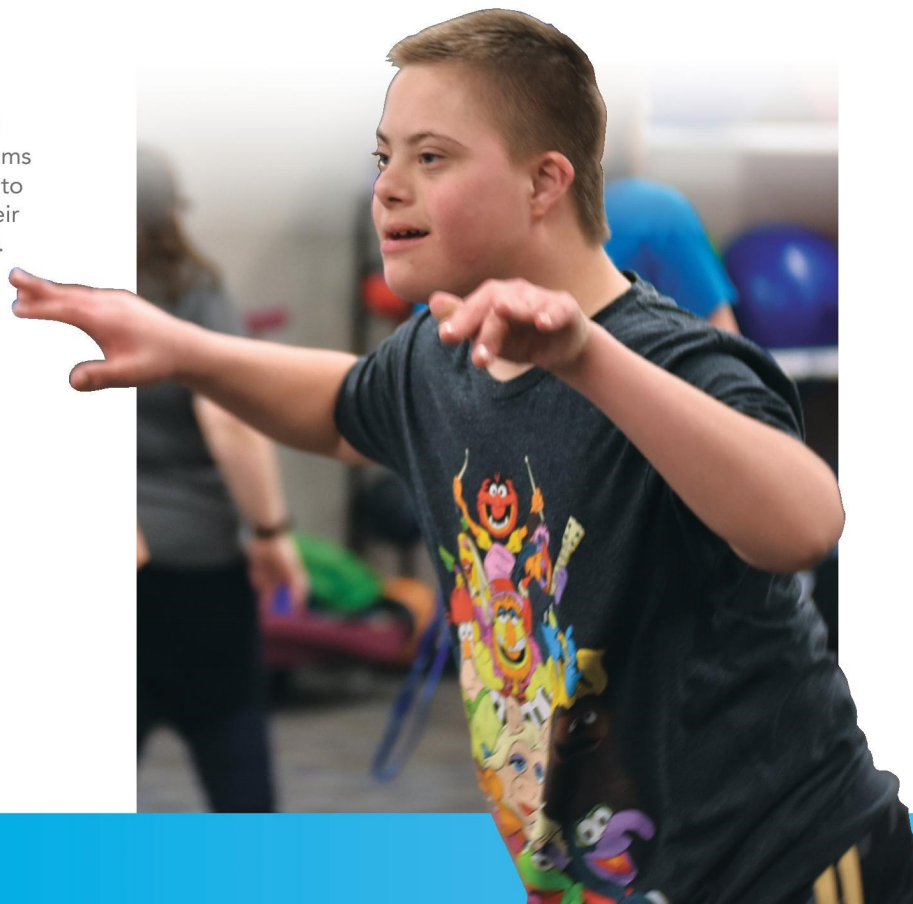
About Turnstone

Turnstone empowers people with disabilities to reach for their full potential in every aspect of life. The agency's programs and services evolve and expand to respond to the needs of people with disabilities and their families throughout our regional community.

Turnstone is where disabilities are turned into possibilities.

What We Do

Turnstone provides programs and services for youth and adults, ages 5 and up, who have intellectual and developmental disabilities. We offer a variety of adaptive recreational, fitness, and sports programs. Many of our programs are inclusive and allow for peers and family members to participate.



Program Benefits

- Improved health and fitness
- Increased strength and endurance
- Enhanced self esteem
- Build confidence
- Leadership and team building skills
- Increased opportunities for social engagement
- Weight loss/weight control
- Opportunities to develop healthy leisure lifestyles
- Improve motor skills
- Promote inclusion



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