



Adaptive Expeditions

Adaptive Expeditions
P.O. Box 13312 | Charleston, SC, 29422
843.637.7269 | www.AdaptiveExpeditions.org



Universal Gardening Series - 2022 Program Description

Register at: www.AdaptiveExpeditions.org

The Universal Gardening Series is free for families that include youth or adults with any type of disability. The series will focus on providing participants with adaptive gardening experiences, tools, and know-how that they can take home and incorporate into everyday life.

This spring, four universal gardening classes will be offered once a month. Each class will focus on adaptive gardening techniques applicable to all gardening expertise levels, and each will include: adaptations to gardening tools, pathway surfacing and access considerations, planting pots and starting seeds, and planting environment considerations. Participants will take home whatever they plant or create during the class. Each class in the series will consist of a two-hour interactive workshop, followed by a social. All COVID-19 best practices will be strictly followed.



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About Adaptive Expeditions:

AE fulfills a critical mission to use outdoor recreation and sport to empower individuals who have disabilities with the technical skills, opportunities, and confidence to maintain active, independent lifestyles. AE builds communities and provides individuals with opportunities to share ideas and common experiences, have fun, push limits, and redefine what's possible.

Participants leave AE programs believing: "If I can do this, I can do anything!" That attitude transfers to education, life choices, and ultimately performance on the job. In this sense, sport and recreation is not a simple luxury. Rather, AE uses sport and recreation as a tool to increase individual economic potential and improve the overall health and wellness of a population at risk.

Adaptive Expeditions recently broadened its focus to include more types of outdoor opportunities for individuals with disabilities and their families.

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