



PRESS RELEASE

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Volunteers And Participants Needed! For HPARD's 8th Annual Metal & Muscle Expo

FREE Event Runs December 2, 3, and 4th at George R Brown Convention Center

The 8th Annual Metal and Muscle Expo is just 2 weeks away and now is the time to volunteer or sign up to participate! The Houston Parks and Recreation Department's Adaptive Recreation Section hosts the Expo to introduce sports and recreation options for people with disabilities. The Expo will take place at Hall A of the George R. Brown Convention Center, 1001 Avenida de las Americas, 77010. It is free to the public.

"The Metal and Muscle Expo is a great opportunity for both volunteers and participants to see what Adaptive Recreation is all about," said Joe Turner, Director, Houston Parks and Recreation Department. "This will be our 8th annual event and we have a number of exciting demonstrations and competitions that are geared to promote health and wellness options for people with disabilities."

The Expo serves as a way to introduce veterans returning from active duty and others with disabilities to ways to be physically active. HPARD's Adaptive Recreation Section has been conducting the Expo since 2008 as a way to showcase activities for people with disabilities. Volunteers are needed to assist in a variety of capacities and can contact charles.french@houstontx.gov to sign up.

"Metal and Muscle is a way for participants to define themselves through sports and recreation," said Charles 'Chuck' French, HPARD's Adaptive Recreation Manager. "The demonstrations and competitions show both the participants and the viewing public that what you can do is what matters – and there is a lot people with disabilities can do."

The Expo will include team sports demonstrations and competitions that showcase activities like: wheelchair rugby, wheelchair basketball, power soccer, wheelchair football, bocchia, sitting volleyball, and air guns. Team sports tournaments begin 8:00 A.M. on Friday. The main Expo events take place on Saturday. Tournament finals will wrap up on Sunday.

The 8th Annual Metal and Muscle Expo is FREE and open to all.

The Houston Parks and Recreation Department (H.P.A.R.D.) stewards and manages over 37,851 acres of parkland and greenspace for the City of Houston and develops and implements recreational programming for citizens of all abilities. For more information on the Houston Parks and Recreation Department, call (832) 395-7022 or visit www.houstonparks.org.