



MEDIA ALERT

December 5, 2014

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Houston Parks and Recreation Department Hosts 6th Annual Metal & Muscle Expo *Event Showcases Adaptive Recreation Opportunities for Wounded Military & People with Disabilities*

The Houston Parks and Recreation Department begins a weekend long expo during the 6th Annual Metal and Muscle Expo today at the George R. Brown Convention Center Hall A, 1001 Avenida de las Americas, 77002. Events will take place from 9:00 a.m. – 5:00 p.m. Friday, Saturday and Sunday (December 5 – 7th) from 9:00 a.m. – 5:00 p.m.

WHO: Injured veterans
Citizens with physical and visual disabilities
H.P.A.R.D. Adaptive Recreation staff

WHAT: Sixth Annual Metal and Muscle Expo

WHEN: Friday, December 5 – Sunday, December 7, 2014
9:00 a.m. – 5:00 p.m.

WHERE: George R. Brown Convention Center Hall A
1001 Avenida de las Americas
Houston, TX 77002

Open to everyone with physical and visual disabilities, the Expo is designed to introduce veterans and others with permanent physical disabilities to Paralympic sports and other recreational opportunities. Demonstrations and clinics will showcase sitting volleyball, power soccer, wheelchair rugby, wheelchair soccer, wheelchair basketball, wheelchair slalom, air guns, power lifting, and boccia. Local disability service organizations will be on hand with displays of their services.

H.P.A.R.D.'s Metal and Muscle program is made possible through the generous sponsorship of Texas Regional Paralympic Sport, Hanger Prosthetics, Paralyzed Veterans of America, Texas Chapter, and Memorial Hermann TIRR.

The Houston Parks and Recreation Department (H.P.A.R.D.) stewards and manages over 37,832 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 and the Adaptive Recreation Section, call (832) 395-7022 or visit www.houstonparks.org.