

# HOUSTON PARKS AND RECREATION DEPARTMENT & U.S. PARALYMPIC MILITARY SPORTS PROGRAM

PRESENT

## THE 8<sup>TH</sup> ANNUAL METAL & MUSCLE EXPO

December 2, 3, & 4 2016 | 9:00 a.m. - 5:00 p.m.  
GEORGE R. BROWN CONVENTION CENTER HALL A  
1001 Avenida de Las Americas, 77010



The Metal & Muscle EXPO is FREE and open to all and will feature a paralympic sports clinic, competitive team activities and exhibitors who provide services for people with physical disabilities.

Service men and women returning from Iraq and Afghanistan with permanent physical disabilities, including blind and visually impaired as well as all veterans with a physical disability, are encouraged to attend.

Demonstrations and activities will include:

- Sitting Volleyball
- Power Soccer
- Challenge Slalom
- Wheelchair Ruby
- Judo for the Blind
- Air Gun Competition
- Wheelchair Basketball
- Wheelchair Racing
- Amputee Walking/Running Clinic



Events are offered for participation by both able-bodied and persons with disabilities.  
For more information contact Chuck French, ( 832) 395- 7325 or [charles.french@houstontx.gov](mailto:charles.french@houstontx.gov).