

Presenting...

SCRC General Membership Meeting

Thursday, November 20, 2014 1:30 pm

Welcome to our Guest Speaker -

Harvey Greenberg, Founder of

HOPEFitness

Making Fitness Accessible for ALL Abilities

Harvey Greenberg began his career working with Individuals with Special Needs in 1994 right around the time his son was born with a disability. He began working with AHRC in Nassau County as a Direct Care Counselor and then immediately became a Special Olympic coach. He became a Certified Special Olympic coach in basketball, track & field, athletics, softball, bowling, power lifting and field hockey. Harvey became the liaison between the NYS Special Olympics and AHRC Nassau where he traveled extensively throughout New York State chaperoning and coaching the AHRC Special Olympic Athletes for approximately 15 years in all sporting events.

During that time for approximately 10 years he also supervised several AHRC Recreation programs in several locations throughout Long Island. The recreation program included Special Olympic Training as well as other activities such as arts & crafts, etc.

In 2005, recognizing the limited opportunities in exercise for people with disabilities, he founded and incorporated The HOPEFitness Sports Foundation, a 501 © (3) non-profit who's mission was to provide fitness and sporting opportunities to individuals with ALL types of Special Needs. He became a Certified Personal Trainer, Certified Group Instructor and attended classes on weight loss management.

Join us and help welcome Harvey as he provides an overview of HOPEFitness at this meeting!

AHRC Suffolk

2900 Veteran's Memorial Highway • Bohemia, NY

631/585-0100

Please RSVP to Susan Fernandes by **11/18/14**

Tel: (631) 878-8900 ext. 143

e-mail: sfernandes@ighl.org