



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAKE A NEW CONNECTION TO THE GREAT OUTDOORS



**SIGN UP FOR  
YOUR RIDE  
TODAY!**

## YMCA Trail Buddies Program

### YMCA OF GREATER FORT WAYNE

Trail Buddies invites people who have a physical disability or are unable to pedal a bike to go for a ride in the fresh air. This free, inclusive program allows adults and kids to be pedaled by caring, trained volunteers with our specialized bike.

For 45 minutes the rider will be pedaled along trails near the Jorgensen Family YMCA. We have trained volunteers who will provide the rider with a new experience that is both relaxing and rejuvenating.

To get involved, contact Rebekah Coffey, Director of Adaptive Services, at [rebekah\\_coffey@fwymca.org](mailto:rebekah_coffey@fwymca.org) or (260) 755-4961.