

# Discover Abilities Expo

## Know before you go

**Saturday, April 20, 2024 | 10 a.m. - 3 p.m.**

**University of Minnesota's Minneapolis - Recreation & Wellness Center  
123 Harvard St. SE, Minneapolis, MN 5545**

Courage Kenny Rehabilitation Institute's Sports & Recreation Department is bringing together 65+ organizations to showcase adaptive sports, recreational activities, health, wellness and more in Minnesota. There is a day full of demonstrations and clinics!

[Click here to view the Event Schedule](#)

## Participate in a demo or activity!

In order to participate in a demo or activity, you must sign a waiver. Check in at the waiver table to sign a waiver and receive your wristband prior to participating in a demo.

## Expo Bingo!

On the back of the Discover Abilities Resource Guide is Expo Bingo! Show your completed Bingo card at the Courage Kenny Booth on Floor 2 to be entered in drawings for prizes!

## Getting here

Check out the [U of MN Campus website](#) more information on public transit, bike routes, and walking routes. Parking information below.

## Parking

FREE parking for is offered at the University of MN thanks to our generous parking sponsors, Marathon Petroleum and Tamarack Habilitation Technologies. **To receive free parking, scan this QR code at the parking pay station. For easy access either pull this email up on your phone, print out the parking voucher, or save this photo on your phone.**

## Accessible parking

The *lower level* of the University Ave & Washington Ave ramps are designated for accessible parking only. If you do not need accessible parking, we encourage you to park on one of the higher levels.



## Accessible street parking

If you have an accessible parking permit, you may park free at campus meters and signed on-street locations for a maximum of three hours. After three hours, meter patrons must either relocate their vehicle or pay the posted meter rate.

## Main parking ramps

[University Ave Parking Ramp](#) 1926 University Ave SE, Minneapolis

[Washington Ave Parking Ramp](#) 501 Washington Ave SE, Minneapolis

## Drop off location for Metro Mobility and others

Look for a sign on Harvard St SE, outside of the entrance to University of Minnesota's Minneapolis Recreation & Wellness Center, 123 Harvard St. SE, Minneapolis, MN 55455

**Entrance** is on the SOUTH side of the Rec Well Center located at the corner of Harvard St SE and Beacon St SE.

## Food options

There are limited food options at the RecWell. However, there are lots of restaurants within walking distance. Many also deliver through GrubHub, Door Dash, etc.

## ASL Interpretation

View the [schedule](#) for a list of presentations with ASL interpretation.



## Bathrooms & changing rooms

Accessible bathrooms are available on every floor of the Rec Well. Twelve additional gender-neutral changing rooms are available on the lower level, main level (most accessible) and 3<sup>rd</sup> level. Ask U of MN Staff for directions. Additional maps and information can be found on the [U of MN RecWell website](#).

## Fragrance free environment

In order to make the Discover Abilities Expo safe for all, we kindly ask all attendees not knowingly use any scented products that may affect other attendees. The chemicals used in many products may make some people allergic and even ill. Thank you for helping us maintain a safe environment for all.

## Discover Abilities Expo online resource guide

All of the organizations and more are listed in the online resource guide. Scan the QR code to access the online guide.

Scan QR code for online Discover Abilities Resource Guide



## Event Safety

For the health and safety of others, we ask to stay home if you are sick. If you need assistance throughout the event, please find a Courage Kenny staff member or volunteer in a blue shirt.