

## All it takes is one swing...

**Golfers In Motion** encourages participation in the rewarding leisure activity of golf for those in the community with disabilities.

We offer individuals a safe and supportive environment for those who have interest in learning (or re-learning) the great game of golf.

“Practice puts brains in your muscles” *Sam Snead*



2009 Mt. Sinai Rehabilitation Hospital Golf Tournament

### Program Benefactors/Sponsors

This program is made possible in part by the Connecticut Section  
**PGA Golf Foundation.**

**The Bret H. Chernik**

**Amputee Foundation**  
([www.chernikamputeefoundation.org](http://www.chernikamputeefoundation.org))  
underwrites membership fees for qualified amputees.

### **The Connecticut Chapter, National Spinal Cord Injury Association**

([www.sciact.org](http://www.sciact.org)) promotes the program to it's members, assists with coverage of membership fees for qualified participants with spinal cord injuries, and contributes to the purchase of equipment.

### **Wintonbury Hills Golf Course**

([www.wintonburyhillsgolf.com/](http://www.wintonburyhillsgolf.com/))

### **Willow Brook Golf Course**

([www.willowbrookgc.com](http://www.willowbrookgc.com))



Tee it up with...

**Golfers In Motion**

Mount Sinai Rehabilitation Hospital  
490 Blue Hills Ave.  
Hartford, CT 06112

Phone:(860) 714-2421

Tee it up  
with...

## Golfers In Motion



A program designed for recreational and competitive golfing enthusiasts with physical disabilities.



**(860) 714-2421**

Mt. Sinai Rehabilitation Hospital, in collaboration with Wintonbury Hills Golf Course and Willow Brook Golf Course, present an opportunity to tee it up with...**Golfers In Motion**.

Mount Sinai Rehabilitation Hospital offers an invitation to those who have experienced an amputation, a stroke, or another disability to join **Golfers In Motion**.



Organized by MSRH rehabilitation services, **Golfers In Motion** is dedicated to providing individuals with physical disabilities a supportive environment to enjoy the game of golf.

We strongly believe there are both physical and psychosocial benefits provided to those that participate in sports.

### Program Offerings:

Instruction from P.G.A. Golf Professionals and experienced golfers with knowledge of disabilities.

Use of adaptive golf cart (Solorider) during play to assist with balance and strength deficits.

Supervised training at both indoor and outdoor facilities including putting greens, driving range, and on-course participation.

Videotaping available for assistance with swing evaluations and positioning.

Instruction provided on stretching and strengthening programs.



### When:

**Golfers In Motion** is an 8 week program held on Monday afternoons from 1:00pm-3:00 pm.

Spring & Fall Session offered.

Spring- 4/12/10 to 6/14/10.

Fall- To Be Determined

### Where:

Mount Sinai Rehabilitation Hospital, Wintonbury Hills Golf Course (Bloomfield), and Willow Brook Golf Course (South Windsor).

### Registration:

Registration is required due to limited space.

For more information contact:

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