

WINTER 2023



DISABLED
SPORTS
EASTERN
SIERRA

JAN 22-27
& MAR 12-17

OPERATION MOUNTAIN FREEDOM

A Military Sports Camp

If I can do this, I can do anything!



Fun and challenging therapeutic recreation with skilled instruction in the beautiful Eastern Sierra.



Growth and mentorship opportunities with small, peer group discussions and activities exploring resilience, SMART goals, mindfulness, yoga, and more.



Alpine skiing, Nordic skiing, snowboarding, and more!

Space is limited, apply today!

For more Information: Contact DSES at 760.934.0791 or Info@DisabledSportsEasternSierra.org | www.DisabledSportsEasternSierra.org



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