

FUN Physical Activity Program for Adults with IDD

Individuals
ages 18+
years

Physical Activity Program

MHMR Tarrant is partnering with Texas Christian University's Department of Kinesiology to offer fun, physical activity for adults with Intellectual and Developmental Disabilities (IDD).

Each participant has a TCU student mentor

Healthy individuals 18 years and older who have IDD are invited to participate in a physical activity class. The class will be held on Saturdays at TCU from 10 a.m. – 11 a.m. at the campus recreation center.

The class is meeting now through April 23, will break for the summer, and start again in the Fall.

Saturday Class
At TCU
10 a.m. – 11 a.m.
FREE!!

Learn More

To participate in the physical activity class contact Dr. Esposito at (817) 257-6866 or p.esposito@tcu.edu.

