



ONE VISION

May 2019
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**INTEGRATION, EQUALITY, AND OPPORTUNITY
FOR PEOPLE WITH DISABILITIES.**

The Little Gym with Big Results

by Ray Pittman

Have you come into our Washington headquarters at 69 East Beau Street to take advantage of personal training in our *little gym with big results*? One of the reasons we get big results is that we continually get new certified trainings in health areas that affect our consumers.

I recently completed a certification for treating knee and hip replacement. If you have had a knee or hip replaced, are finished with your rehab, and want to continue to work on your replacements, **Transitional Paths to Independent Living** is the place! Our specialized equipment and staff are trained to help you continue to live your life to your full potential.

In addition to the Certified Inclusive Fitness Trainer conferred by American College of Sports Medicine (ACSM), I have additional certifications.

- Certificates from *Exercise, ETC., Inc.*, in:
 - ◊ The Bionic Trainer: Training with New Knees or Hips
 - ◊ Functional Forever: Remedial Shoulder Exercise
 - ◊ Standing Tall: Exercise and the Aging Spine
 - ◊ Exercise to Manage Chronic Illness
- Certificates from *the American Council of Exercise (ACE)* in:
 - ◊ Functional Aging Group Exercise Senior Fitness Specialist

*Transitional Paths to
Independent Living*



www.trpil.com

**Transitional Paths to
Independent Living
(TRPIL)**

69 East Beau Street
Washington, PA 15301

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For more information, call **Ray Pittman** at **724-223-5115 x1328**

**TRANSITIONAL PATHS TO INDEPENDENT LIVING STRENGTHENS
CONSUMER CHOICE AND ACTIVE CITIZENSHIP THROUGH
LEADERSHIP, SERVICES, AND PROGRAMS.**

(turn over for calendar)



May 2019

Day	Time	Event/Activity
Wednesday May 8	1:00-3:00	Urgent! Calling all Advocates! <i>Let's solve some local accessibility issues.</i>
Tuesday May 14	All Day	Last day to submit absentee ballot for Primary Election.
Wednesday May 15	11:00-2:00	Youth & Membership Fishing
Tuesday May 21	All Day	Primary Election #vote2bheard
Wednesday May 22	1:00-3:00	Advocacy Afternoon Educate, Advocate, Organize! <i>Supporting bills that impact our lives.</i>
Saturday May 25	12:00-2:30	Food Truck Festival @ the Meadows <i>Join us for Great Food and Live Music!</i>
Wednesday May 22	11:00-3:00	Wii Wednesday <i>Enjoy virtual bowling, golf, tennis, and more!</i>
Thursday June 6	12:35 game	TRPIL Pirate game <i>Bus will load at TRPIL at 10:15-10:30 am and return after the game. If there is a rain delay or extra innings, we may leave early for membership transport home.</i>

RSVP for all events at least one week in advance!

As always, members can come in for voting information Mon-Friday 9am-4pm and speak with Lauren, Kate, or Matt T.

Have an Idea for Our Calendar?

Become a member (or renew your membership) by contacting **Matt Taylor** at mtaylor@trpil.com, or call **724.223.5115, ext 1385**.

