



Boulder Parks & Recreation

Cory Lasher, CTRS 303-413-7269 or email at lasherc@bouldercolorado.gov.
Office: North Boulder Recreation Center, 3170 N. Broadway, Boulder CO, 80304.
Information on Journeys through EXPAND: www.bprexpand.org

Program offerings for the Fall 2018 will be found in the Recreation Guide online starting July 27 at: <https://bouldercolorado.gov/parks-rec/recreation-guide>. Specialized programs designed specifically for MTBI for the Fall will be Watercolor, Basic Drawing, Golf Lessons, Hula Dancing, and Kaiut Yoga. However, there are many other class offerings that you may enjoy that the City of Boulder Parks and Recreation offers as well. To inquire about additional opportunities, call Cory at 303-413-7269.

Journeys through EXPAND provides recreation and leisure programs for adults with mild traumatic brain injuries and other similar neurological conditions. The Journeys through EXPAND program was created in 2004, by Cory Lasher with the help of Diane LaTourrette, and Lynn Middledorf. Cory is a Certified Therapeutic Recreational Specialist and has worked for the City of Boulder EXPAND program since 1996. Cory continues to use her passion for working with those living with a MTBI coming up with new, innovative programs helping ensure people feel supported and are enjoying life.

Mission

Journeys through EXPAND provides fitness and leisure opportunities for adults who have suffered a Mild Traumatic Brain Injury (MTBI). Our goal is:

- To increase total body conditioning and to help support neural pathways through fitness classes.
- To improve decision making ability, cognitive functioning and self-esteem through leisure and fitness programming.
- To provide the opportunity to build relationships with others who have similar limitations and to express themselves through art in a safe, self-paced environment.
- To promote personal challenge.
- To grow new synapses and neurons in our brains by taking up a new hobby such as painting or drawing and/or by physical activity.

Journeys allow participants to enjoy success and rebuild confidence with others who share their MTBI experience. Science has proven that through exercise and/or taking up a new hobby such as painting that it can help grow new synapses and neurons in our brain. It's important to challenge our brains and this can be achieved through recreational and leisure participation.

Types of Programs offered.

- Fitness
- Leisure
- Adaptive Water-ski
- Pottery/Painting/Crafting
- Community Outings
- And much more ...

Why Participate?

Our programs are affordable because we understand that recreational activities can play a significant role in the healing process of MTBI. Anyone can receive financial assistance with our program. To inquire, call Cory Lasher at 303-413-7269.

Many participants claimed that taking these programs have helped in their recovery in many ways. By participating in these programs, you meet others who have had similar experiences and learn about other resources that may help you in your recovery and/or your personal journey living with a MTBI.

Participants say it best . . .

“Journey’s through EXPAND has opened the door and given me back my self-confidence since my accident six years ago. It is a supportive environment and I feel safe to challenge myself and I am not afraid of being judged.”

“This program has saved my life”

“Since being in the program, I have somewhere to be, somewhere to go, and have made many friends.”

“Journeys is a supportive environment and I feel safe to challenge myself and I am not afraid of being judged.”

“Due to taking Yoga, I can now ride a regular bike and do not need my recumbent bike”

“It gets me out of my daily routine and has given me back my self-worth”