

**BRAVE IS MADE POSSIBLE  
THROUGH A GRANT FROM THE  
UNITED STATES DEPARTMENT OF  
VETERANS AFFAIRS, ADAPTIVE  
SPORTS PROGRAMS FOR DISABLED  
VETERANS AND DISABLED  
MEMBERS OF THE ARMED FORCES**

The BRAVE Program showcases a broad selection of sports adapted with specialized equipment and participatory styles so veterans with almost any type of diagnosis and ability level will be able to successfully participate.

BRAVE is administered by Certified Therapeutic Recreation Specialists as part of the Adaptive Sports Program at Burke Rehabilitation Hospital. All programs follow safety recommendations set forth by the Centers for Disease Control and Prevention (CDC).

Burke Rehabilitation Hospital is the founding member of the Westchester County chapter of Move United, a national organization dedicated to providing adaptive sports programs to people of all ability levels.

BRAVE is offered in partnership with the VA Hudson Valley Health Care System in Montrose, NY and Wappingers Falls, NY.



**BURKE REHABILITATION  
HOSPITAL MAIN CAMPUS**

785 MAMARONECK AVE. WHITE PLAINS, NY 10605

Contact **BRAVE** Program at (914) 597-2468 or [adaptivesports@burke.org](mailto:adaptivesports@burke.org).

Burke Rehabilitation Hospital is a not-for-profit, acute rehabilitation hospital in White Plains, NY. Founded in 1915, it is the only hospital in Westchester County dedicated solely to adult rehabilitation medicine. Burke is a member of the Montefiore Health System, Inc. The hospital offers both inpatient and outpatient programs for those who have experienced a disabling illness, traumatic injury or surgery. For additional information, please visit [burke.org](http://burke.org).

**BURKE**  
Rehabilitation Hospital  
MEMBER OF MONTEFIORE HEALTH SYSTEM

**MOVE  
UNITED**

**BRAVE**  
BURKE REHABILITATION  
ADAPTIVE SPORTS  
FOR VETERANS



**BURKE**  
Rehabilitation Hospital  
MEMBER OF MONTEFIORE HEALTH SYSTEM





## WHAT IS BRAVE?

### BURKE REHABILITATION ADAPTIVE SPORTS FOR VETERANS

BRAVE is a comprehensive program for veterans and members of the Armed Forces with medical diagnoses. The program offers access to adaptive sports and recreation opportunities. There is no charge to eligible participants who reside in New York's Lower Hudson Valley, (Westchester, Rockland, Orange and Putnam Counties), Bergen County, New Jersey, and Fairfield County, Connecticut.

Burke Rehabilitation offers the following adaptive sports through BRAVE:

- ARCHERY
- BOWLING
- BOXING
- HAND CYCLING
- HIKING
- KAYAKING
- OFF-ROAD / ATV RIDING
- ROCK CLIMBING
- SAILING
- SNOW SKIING
- WATER SKIING

**PRE-REGISTRATION IS REQUIRED.**

**WITH THE PROPER SUPPORT, CREATIVITY AND COMMITMENT, ANYONE CAN RETURN TO THE ACTIVITIES THEY ENJOY AFTER AN INJURY OR ILLNESS.**

## BURKE REHABILITATION HOSPITAL ENCOURAGES PEOPLE OF ALL ABILITIES TO TAKE PART IN PHYSICAL ACTIVITIES SUCH AS SPORTS AND EXERCISE.

The programs are based on existing sports that are modified to meet the needs of those with a medical diagnosis such as PTSD, depression, traumatic brain injury, spinal cord injury, cardiac or pulmonary conditions, orthopedic issues, amputation, stroke, and other conditions.

Adaptive sports foster a sense of inclusion in a safe and supportive environment with a goal to achieve and maintain health and wellbeing in the company of old and new friends.



**REGISTRATION PROCESS:** All participants are required to register with the Adaptive Sports Program by contacting (914) 597-2468 or by emailing [adaptivesports@burke.org](mailto:adaptivesports@burke.org).