



HELM FOR HEROES

Accessible Sailing Program for Veterans

Through a partnership between Exelon Militaries Actively Connected (EMAC), the Downtown Sailing Center, and other community organizations, we will be providing FREE sailing lessons to local disabled veterans and veterans with other rehabilitation needs. Attendants and family members are welcome to attend and participate on various levels.

The DSC is committed to providing access to sailing regardless of physical ability. The DSC's docks are equipped with accessible ramps, Hoyer lifts and plenty of room. The parking lot has accessible parking and wheelchair-accessible restrooms.

Two voluntary 30 min informational calls will be held on:
Thursday 8/2 and Friday 8/3 at 12:00pm

Call 1.855.470.3100 Conference ID: 813828



**FREE Sailing Lesson
and Racing!!**

Saturday Sept 8th

9am - 4pm - Sailing

**5pm - 8pm - Post-Race
Celebration and Awards**

**NO EXPERIENCE
needed!!**

**Family and Friends
Welcome**

**DOWNTOWN SAILING
CENTER**

1425 Key Hwy
Baltimore, MD 21230

<https://downtownsailing.org/>

**To sign-up follow this
link:**

**or contact Leigh
Jarosinski:**

Leigh.jarosinski@bge.com