

**Now is the time
to remove barriers**

HEALTH IS A HUMAN RIGHT

“ The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition. ”

Constitution of the World Health Organization.

Doing the things we love, the activities that make us happy & healthy is in our DNA. It is quintessentially human and makes us feel alive.

In a single moment, disability can forever change this capacity to achieve a happy & healthy quality of life.

For people with disabilities, recreation and exercise are critical for their health and well-being.

These activities are essential in avoiding chronic illness or physical and psychological complications related to their condition.

29%

of Miami-Dade's residents as well as thousands of visitors who are disabled face **physical, emotional and financial barriers** that prevent access to most places in South Florida that are perfect for recreation and exercise.

INCLUSION MEANS
REMOVING BARRIERS,

so that **all people** have an

**EQUAL
OPPORTUNITY**

to enjoy the benefits of

RECREATION & EXERCISE.

Barrier: A TRIP TO THE BEACH for people with disabilities

Nearly 5 million Floridians* and untold numbers of visitors are forced to sit on the sidelines because they cannot physically navigate our beautiful white sand and refreshing ocean waves in a wheelchair.

Someone without a disability



Someone with a disability



Many other very costly necessities including set up and storage of equipment

* US Census



Barrier: **GETTING EXERCISE** at a gym or a pool

When living with a disability, physical exercise and movement are critical in avoiding chronic illness; even a simple cold can very easily become much more serious and dangerous. Physical recreation is essential to mental health and well-being, it provides needed diversion and coping capacity.

In most communities, gyms, leisure centers and swimming pools are “no-go zones” for the disabled. Facilities often lack proper access, lifts and automatic doors, making them difficult to navigate.

High membership fees, inaccessible locker rooms and no specialized equipment are some of the common barriers that typically prevent disabled people from participating in everyday fitness and indoor/outdoor recreational activities.

Additionally, programs typically do not have staff members with disability awareness or personal trainers with the experience to accommodate the special needs of disabled clients.

Barrier: **RELAXING** and enjoying the moment

For a disabled person, going to a public place that is not accessible can be embarrassing and frustrating.

Well-intentioned service staff often lack the training to help and can unknowingly make people with different needs feel uncomfortable.

Without adequately trained assistance, a gym, pool or beach can be dangerous.

This insecurity inhibits the pursuit of exercise and recreation.

Obesity rates for adults with disabilities are 57% higher than for adults without disabilities.

“When you go to a public place, the staff may look through you or over you. They may act as though you are simply not there or they overcompensate by treating you like a child. They don't mean to be that way, many people just might be uncomfortable interacting with a person who is functioning with a disability.”

Adrian, in a wheelchair since a surfing accident in 1994 at the age of 23

Let's remove these barriers.

This is a unique opportunity to create lasting impact for people with disabilities in South Florida.

You hold the power to transform lives.
You can establish a legacy of inclusion for disabled people
for generations to come.

You can create a place in our community where **everybody**, regardless of ability, **can** always access the benefits of recreation and exercise.

"Every time I go to the beach, it's like the best day of my life."

Susan Solman, has used a wheelchair for the last 19 years due to a spinal cord tumor.





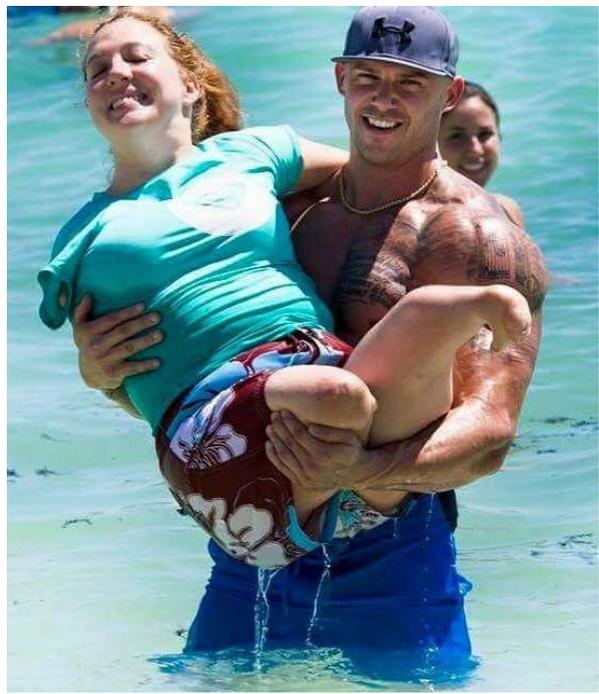
We invite you to join the campaign to build an Adaptive Recreation Center

The nation's first fully accessible center with beach access.

In partnership with the City of Miami Beach, the Sabrina Cohen Foundation (SCF) is creating a first of its kind, state-of-the-art recreation and wellness facility alongside a fully accessible beach. This Center will combine physical fitness that advances human ability through the latest in robotics and technology with daily activities that promote mental and spiritual wellness, in a safe and all-inclusive environment.

Your participation will build a model for other cities all over the world to follow. This innovative facility will be the first of its kind on the East Coast, enabling year-round beach access for individuals and families living with disabilities and other special needs. It will be a life-changer for many people who cannot access recreational opportunities at the beach or a specially equipped fitness center simply because of their physical or financial limitations. It will be a life-changer.

SCF is a 501c3 nonprofit organization dedicated to funding adaptive fitness and innovative therapies that provide a better quality of life for individuals living with paralysis, other debilitating conditions and aging population.



We can make this dream a reality for so many people.

This center will be a uniquely empowering experience, combining indoor and beach side physical fitness with recreational activities for disabled individuals, veterans, children with special needs, the elderly and their families. - in one central, safe, and comfortable location.

This will become a life changer for thousands including those living with...

Spinal Cord injury

Temporary injuries

Parkinson's

Autism

Multiple Sclerosis

Down Syndrome

Amputations

Visual impairment

Mobility impairment

Cerebral Palsy

As well as...

Children with special needs

Seniors

Our aging population

Wounded Warriors

Veterans with disabilities



**Together we will
...create a beach for
everyone, every day.**



Operated by a team of qualified staff and volunteers, the Adaptive Recreation Center will be open daily and year-round to South Florida residents and Tourists from all over the world. Our Center will feature a state-of-the-art fitness and technology space, alongside a fully accessible beach, offering daily, monthly and annual membership passes.

Beach Programs will include:

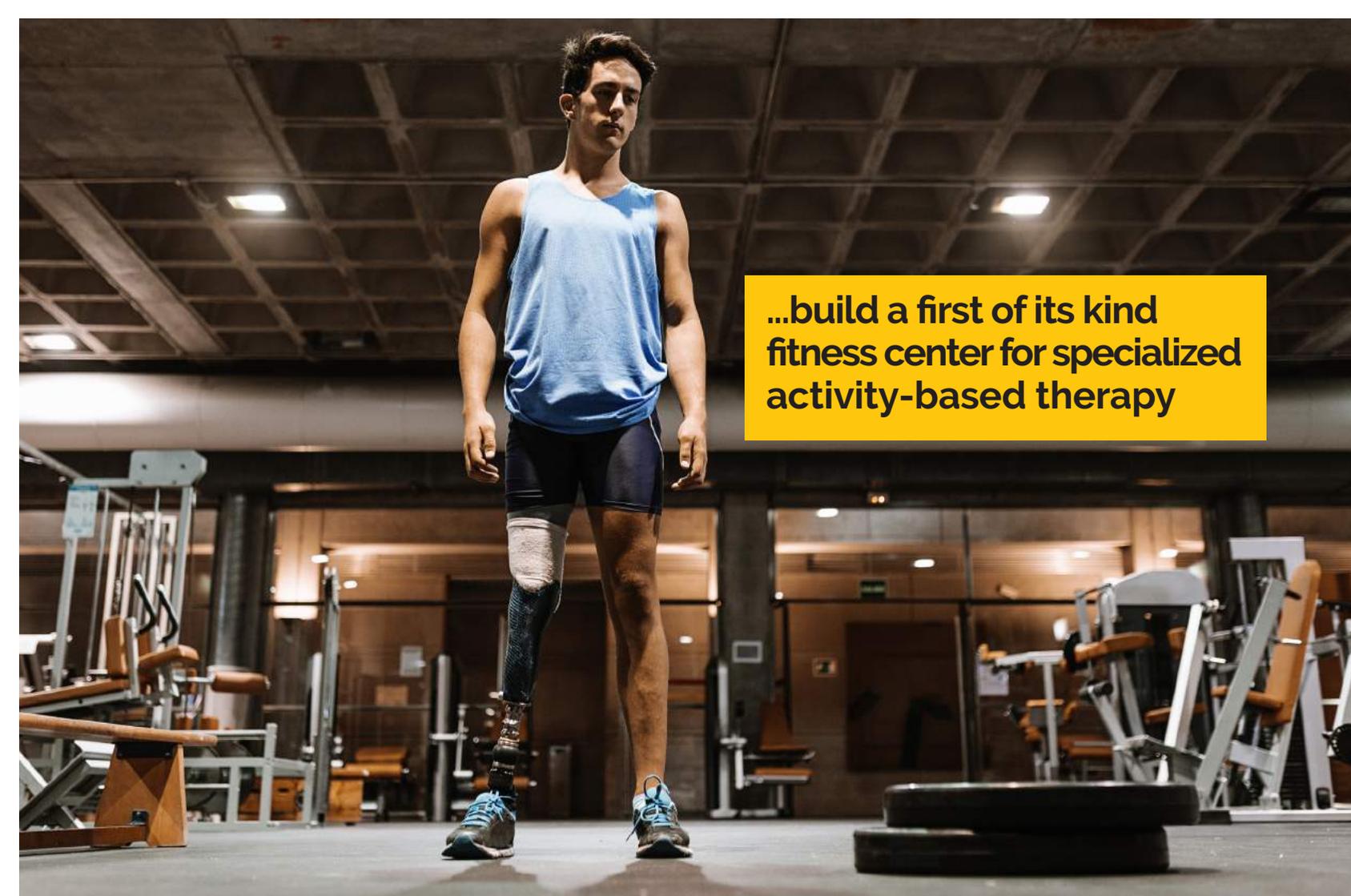
- Adaptive Surfing
- Aqua/Ocean Therapy
- Shoreline Floatation
- Lounging Beachside
- Snorkeling / Scuba Certifications

Fitness Programs will include:

- Specialized Physical Therapy
- Individual fitness trainers
- Group fitness classes
- Massage Therapy

Mind-Body - Soul Programs:

- Chair Yoga
- Art & Music Therapy
- Meditation
- Nutritional Seminars
- Support Group Meetings

A man with a prosthetic left leg is standing in a gym. He is wearing a blue tank top and black shorts. The gym has various exercise machines in the background.

**...build a first of its kind
fitness center for specialized
activity-based therapy**



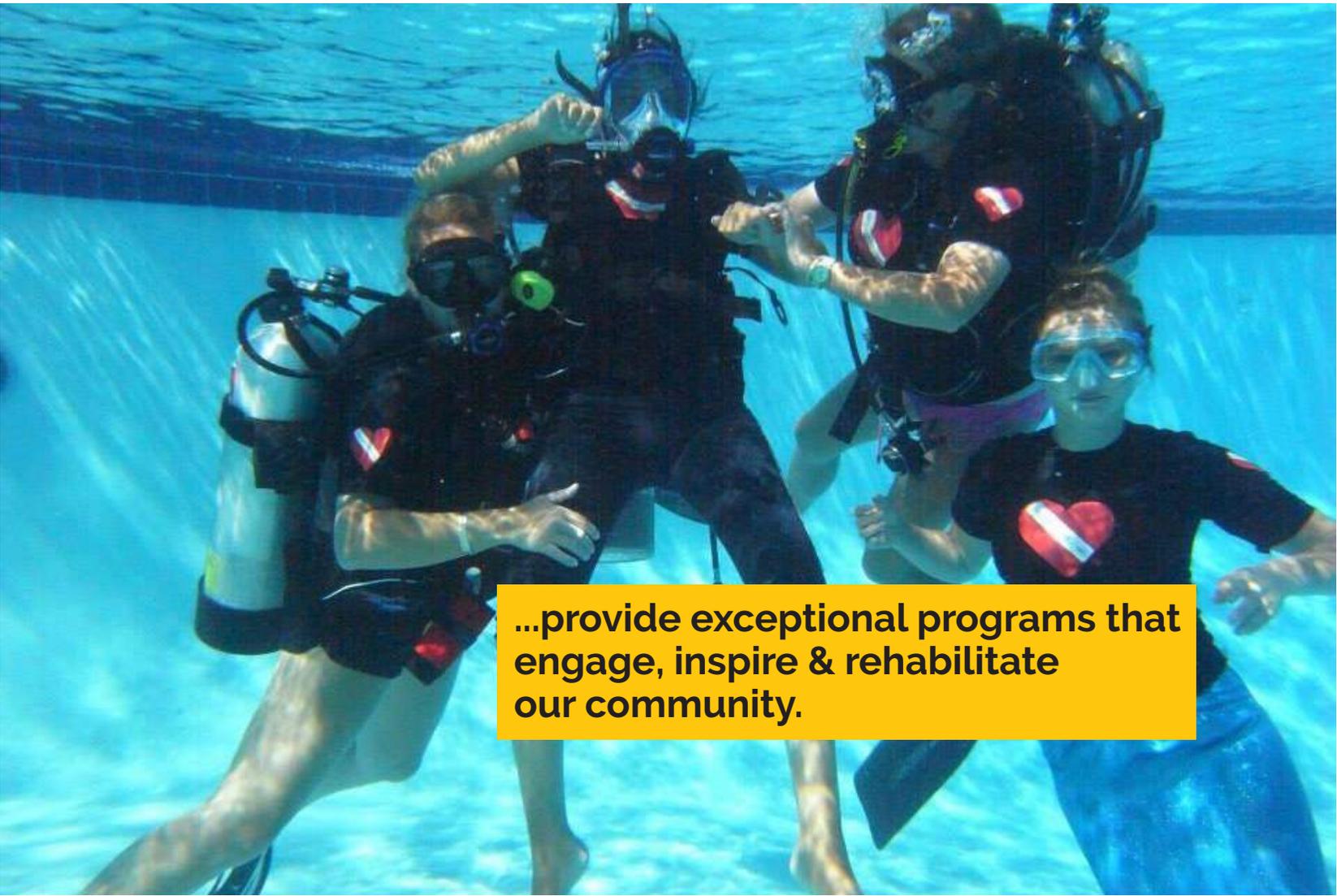
The Adaptive Recreation Center will feature a state-of-the-art fitness and therapy space, operated by trained staff, the first of its kind in South Florida.

Alongside a fully accessible beach, this fitness area will combine physical fitness that advances human ability through the latest in robotics and technology with recreational activities that promote mental and spiritual wellness. This center will also be an invaluable asset for research in the field of rehabilitation medicine

Fitness Programs to include access to:

- Wearable Robotics, Exoskeletons
- Dynamic over-ground walking systems & Locomotor Training
- Neuromuscular Electrical Stimulation (NMES)
- Intuitive Neuroprosthesis Devices
- Emerging technologies and the use of smart devices (for hand / leg / cardiovascular exercise)
- Electrical stimulation-assisted cycling and dynamic tilt tables





...provide exceptional programs that engage, inspire & rehabilitate our community.



Ongoing programs will provide a holistic approach to meeting the physical, emotional and social needs of the community we serve, assisting members in attaining the highest level of personal strength and restoration of function, increasing strength and stamina, while addressing the critical emotional needs required to live a better quality of life.

Physical Therapy

Specialized therapists will work with fitness trainers to provide individualized sessions and group classes in our universally designed fitness area. Massage Therapy will also be offered.



Hydro-Therapy

Aquatic exercise is very beneficial, as the buoyancy of the water helps support weak muscles and decrease joint stress while it can also provide resistance to strengthen muscles. Our rooftop warm water pool will be serviced by physiotherapists to treat members with a broad range of approaches.

Life Coaching / Mental Health Services

One-on-one life coaching services, lectures, and support groups to family members and guests in recovery programs will be available on an ongoing basis. Peer support groups, meditation and creative programs including drama, art and music therapy will also be available.



Nutrition

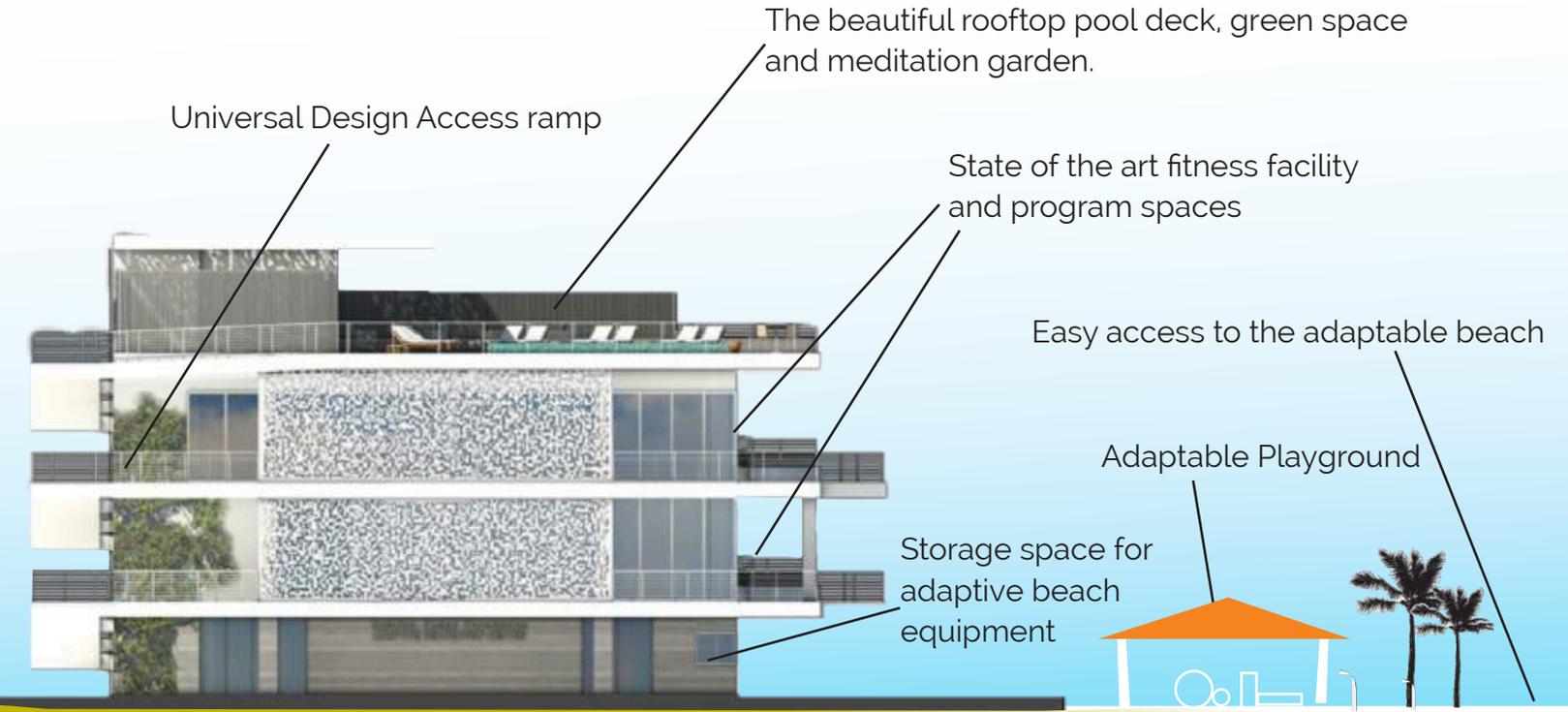
Members will enjoy healthy prepared salads, sandwiches, snacks and juices from our Organic Juice and Snack Bar. In-house nutritional counseling services, ongoing lectures, and seminars around the benefits of healthy eating will also be available.

'This is a moment in history':
Miami Beach OKs seaside facility
for the disabled. - Miami Herald

**Powered by a dream, unwavering determination
and visionary partnerships** this innovative
center is now a possibility.

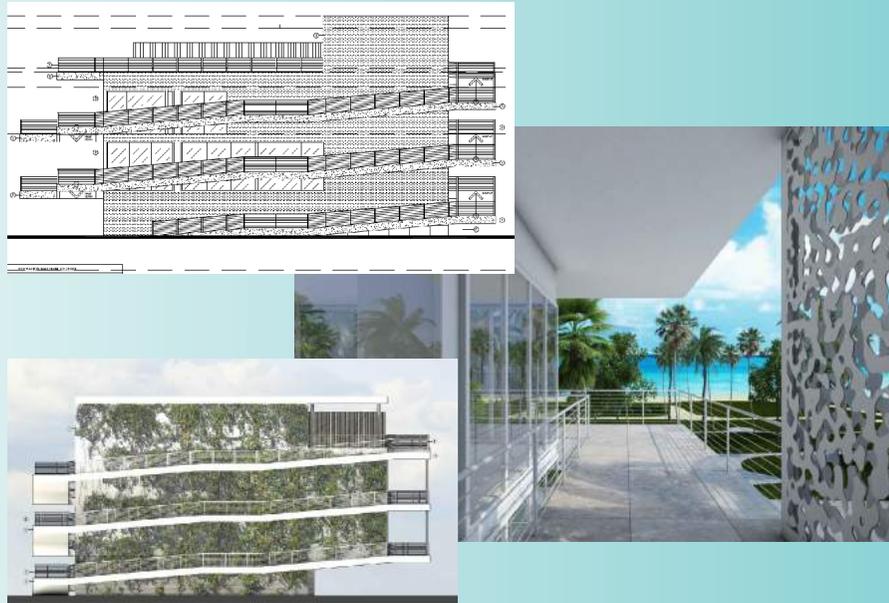
Through a continuing partnership with the Sabrina Cohen Foundation, the City of Miami Beach has donated a multi-million dollar plot of ocean-front land located at 5301 Collins Avenue in Miami Beach to build the approx 16,000 sq ft, 3 story center.

Kobi Karp Architects have artfully designed the center for the site with two stories of program and fitness space, a rooftop deck and an understory with storage space for adaptive beach equipment.



Increasing freedom ...removing barriers

A vital component of the center will be an iconic and architecturally distinguished ramp that leads to every floor of the building and provides the direct link to beach access. This universal design feature will allow users in wheelchairs (and on foot) to access the multiple floors of the Center at any given time, with the freedom of no barriers. Much more than just a ramp, this Pathway will be an integral and smart way of accommodating people of all abilities without the constraints of conventional steps and/or elevators.



Spaces to be in the moment

The beautiful rooftop deck will include stunning ocean views with a green space and meditation garden.

Lounging, aqua therapy, and sunset yoga/meditation sessions will be held daily.



The Beach re-imagined to meet the needs of our community

In 2016, the Sabrina Cohen Foundation launched "Adaptive Beach Days," a twice-monthly, pop-up program that provides full access into the ocean like never before available, staging an entire area of the beach with access decks over the sand, utilizing beach wheelchairs and other adaptive equipment. While reinforcing the overwhelming demand for these activities, one beach day every two weeks is not enough. Much more is needed to meet the needs of the disabled in our community. Having successfully served over 6,500 participants, family members and friends to date, the proof of concept has led to an agreement to develop a permanent Center. SCF's overall mission will expand to include management and operations of the Center on a full-time, day-to-day basis.



I have enjoyed my Miami Beach once again. I have felt the sand at my feet once again. The sun in my face and the wind in my hair there's nothing else like it anywhere it has provided me an opportunity to relax and to exercise work nothing else like it is available to person with a disability. 🙏🙏

- Carolina Jones, Sabrina's Beach Participant

Ensure a legacy of inclusion for South Florida.

Your participation will change lives and transform our community for generations to come.

- **It will remove barriers for people with disabilities making Miami Beach a progressive and innovative role model for cities everywhere.**
- **It will create a safe, central location to promote physical and mental wellness for a greatly underserved segment of our population.**
- **It will provide access to our unique recreational resources for thousands of disabled visitors making Miami-Dade an even more appealing tourism destination.**
- **It will reinforce that inclusion is about access and also about qualified people and services.**
- **It will transform lives every day because it will materialize recreational inclusion for over 800,000 disabled residents of Miami-Dade County.**

Place your name among the visionaries who will make our inclusive future a reality.

This campaign will help to realize this center by providing critical funding for construction, furnishings, equipment, and program support. The City of Miami Beach has provided the land upon which this innovative center will be built. Kobi Karp Architects have designed an truly exceptional state of the art facility. Hundreds of dedicated people have worked tirelessly to create this moment.

We now invite you to join this group of visionaries by supporting this dream of an inclusive, healthy future for all in South Florida.

Your participation will make Miami Beach a leader among cities around the world. Your investment will ensure that no one will be forced to sit on the sidelines. Everyone in our community, regardless of ability, will have always the opportunity to put their lives back in motion and their bodies in the ocean. Now is the time to make this happen.

To join this important mission or to learn more about this opportunity, please contact



The Sabrina Cohen Foundation is a 501(c)(3) nonprofit organization dedicated to providing adaptive fitness and recreational programs that offer a better quality of life to individuals living with disabilities and other lifestyle challenges.

The Foundation was created in 2006 by Miami Beach native Sabrina Cohen, who survived a severe spinal cord injury from a car accident in 1992. She has been using a wheelchair ever since and has used her voice over the years to educate others about paralysis.

She has appeared on CNN, the Today Show, and in Ocean Drive Magazine. She has been recognized many times for her outstanding efforts on behalf of the community and government. Sabrina is a national winner of Self Magazine's "Women Doing Good" competition; a WebMD American Health Hero, and winner of the "Overcoming Diversity" category in the America Inspired National Competition.



The truth is disability does not discriminate. A life-altering injury or diagnosis can happen to anyone, anywhere, anytime. While many people often shy away or feel awkward around someone with a disability, the numbers cannot be ignored... over 56 million Americans and a whopping 29% of Florida's residents (well above the national average) are living with a disability. Richard Branson was quoted in his 2019 Disability Awareness Campaign saying "Disability can no longer be a conversation reserved for charity and health organizations," Branson said in a new campaign video. "It's time more brands woke up to the collective benefits of understanding people with disabilities and their needs ... The inclusion revolution is coming. Make sure it's on your agenda."

Today, with your help, we have a solution to truly impact and improve the lives of a community that are in dire need of change. Disabled people should not be feared or politely ignored but embraced and supported, as a mother, brother, friend or cousin who might be suffering through the impossible. That's a reality... and One doesn't have to look too far to notice these brave people. We just have to be willing to see them.

At the Sabrina Cohen Foundation, our only agenda is access and inclusion. These basic freedoms and a healthier lifestyle are invaluable to the people we serve.

I know first hand the daily struggles of waking up to a wheelchair every morning, along with the feelings of insecurity, fears and sickness associated with a spinal cord injury. I also know well the benefits of daily exercise and working through mental roadblocks that otherwise work to keep us down. As the president founder of the Sabrina Cohen Foundation I urge you to join our mission to put lives back into motion as we make South Florida a more inclusive place for people living with disabilities.



Sabrina Cohen
President Founder, Sabrina Cohen Foundation

“Sabrina is a visionary. [Because of her], so many people in the city who never thought about the [Americans With Disabilities Act] are now thinking about how important it is to set up sidewalks and stairs and entrances to buildings now under construction. Before Sabrina, people considered it a nuisance to meet ADA regulations. Today, they think of Sabrina as they build.”

Joy Malakoff
Miami Beach City Commissioner



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Sabrina Cohen Foundation
putting lives back into motion