

How to Sign Up?



Contact
Kristina Sabasteanski, OTR/L
Director, Veterans Adaptive Sports
VAST Program, Pineland Farms, Inc.
kristina@pinelandfarms.org
207-310-8694

OR

You're welcome to just show up!
We always meet at the Outdoor Center at 9 am
no matter what activity. Applications &
waivers are there for your convenience.



Weekly Programs
Every Wednesday
9am - noon
at the Pineland Farms
Outdoor Center

15 Farm View Dr., New Gloucester, ME



Pineland Farms, Inc. is a non-profit organization located on 5,000 acres in the beautiful rolling hills of Southern Maine with expansive views of the surrounding countryside. We support a number of agricultural and recreational initiatives to benefit the region. The Pineland Campus is home to the U.S. Biathlon Association (USBA), the New England Nordic Ski Association (NENSA) and the Pineland Branch of the Cumberland County YMCA

The VAST program is funded in part by a grant from the United States Department of Veterans Affairs.

For more information:

www.PinelandFarms.org/recreation/VAST
15 Farm View Drive - New Gloucester, ME 04206



OPPORTUNITIES FOR
VETERANS

Offering FREE year-round activities for Veterans with or without physical disabilities, TBI and PTSD

U.S. PARALYMPICS



is partnering with community organizations across the country, such as the VAST program at Pineland Farms, to create a network of Paralympic Sports Clubs.

Paralympic Sports Clubs are community-based programs developed to involve people with physical and visual disabilities in sports and physical activity, regardless of skill level.

With 21 million physically disabled Americans, including thousands of military personnel who've sustained serious injuries while on active duty, this is an important community need.

For more information:

www.PinelandFarms.org/recreation/VAST



Veterans Adaptive Sports & Training

The Goal of our VAST program is to promote lifelong health and well-being of veterans with disabilities through regular participation in a VAST array of physical activities and sports. Any and all veterans with or without disabilities are encouraged to participate. Come and enjoy some outdoor activities and a sense of camaraderie with fellow veterans.

Research shows that daily physical activity for people with disabilities results in reduced stress, depression and secondary medical conditions and increases self-esteem, educational success, employment rates and quality of life.

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ACTIVITIES & EVENTS

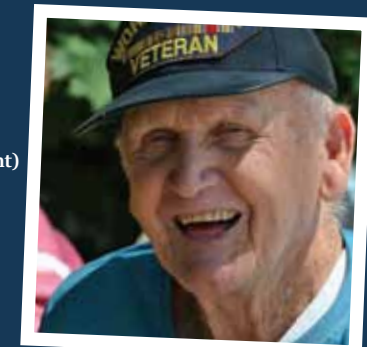
We strive to offer year-round activities based on the needs and wants of veterans. Programs are FREE and equipment is provided. Activities include:

- Disc Golf
- Fly Fishing
- Parabadminton
- Orienteering



- WC Tennis
- Bocce
- Cross-country skiing

- Snow Shoeing
- Cycling (hand & recumbent)
- WC Basketball
- Archery
- Biathlon



New Activities, special events and trips are also planned throughout the year. Stay up to date by signing up for our weekly newsletter at: www.pinelandfarms.org/recreation/vast

