

Chapter 126 Sports & Fitness in Bristol, CT, named after the U.S. Code, Title 42, Chapter 126; giving people with disabilities equal opportunities, is an adaptive recreational sports and fitness center, open to youth, adults, veterans and seniors with or without physical disabilities.

Our Mission:

Chapter 126 Sports & Fitness sets the standard in providing health and wellness to those with or without physical disabilities through fitness and sports programming, promoting life-long health and personal empowerment. We are dedicated to ensuring that the quality, diversity and availability of our programs are equal to sports and fitness programs for those without disabilities.

To learn more about Chapter 126 Sports & Fitness, visit: OakHillCT.org



JILLIAN HARPIN:



**FITNESS
SUPERHERO**



Dear Oak Hill Superhero,

I want to personally thank you.
Thank you for believing in me.
Thank you for inspiring me.
Thank you for guiding me.
Thank you for collaborating with me.

Your support to Oak Hill has transformed my life. You may not realize it, but YOU are my superhero, and here is why...

I am a typical 26-year-old girl. I grew up in Wolcott, CT and went to Bentley University in Boston, where I studied finance and non-profit organizations. After graduation, I moved back home to try and pay off my student loans. I began working as a financial analyst in Fairfield, CT. I loved hiking, live music, and local vineyard excursions.

That was before my injury...

In April 2016, I was on vacation in Riviera Maya, Mexico with three of my best friends. And on April 23rd my life changed forever. I went out to the balcony of my hotel room to call a friend. I propped myself up to sit on the railing, lost my balance and fell three stories to the ground below.

The three-story fall caused several broken ribs, a broken sternum, and three fractured vertebrae, which compressed my spinal cord and left me with a T4 complete spinal cord injury, paralyzed and unable to feel or move anything below my chest.

After being medevaced to a hospital in Miami and recuperating there for several weeks, I came home to Connecticut eager to regain my physical strength. I knew a standard gym couldn't accommodate me in my new set of wheels. I needed to find a place that adapted to my injury. A place that felt like home.

Shortly thereafter, I found Chapter 126 Sports & Fitness, an

Oak Hill Center. A fully adaptive recreational sports and fitness center, open to youth, adults, veterans and seniors with or without physical disabilities. It was the fitness home I had been searching for.

The incredible team at Chapter 126 Sports & Fitness understand the challenges for people like me with spinal cord injuries. When my legs start bouncing in the middle of a workout due to spasticity, I don't have to explain or be self-conscious. The highly trained staff already know what is happening and why. Chapter 126 is a place I can go to be around people like myself.

Now, just two years after my accident, I am more active than ever before. The team at Chapter 126 has helped motivate and encourage me to engage in an array of adaptive fitness activities. I started rock climbing, I compete in 5k's, 10k's, and half-marathons in my hand cycle racing chair. This summer, I completed a 5k obstacle course race as well as a 40-mile adventure race in Colorado. But other than that – I am still a typical 26-year-old girl.

Because of your generosity, the transformative work that occurs daily at programs like Chapter 126 continues to change lives. Providing a place for people to break down barriers and conquer obstacles.

You have the heart of a hero.

Please consider making a gift to Chapter 126 Sports & Fitness, an Oak Hill Center today. Thank you for your compassion. And, thank you for helping me find a superhero within myself.



Jillian Harpin
Chapter 126 Sports & Fitness member