

# TREK 4 INCLUSION



image source: National Council for the Development and Inclusion of Persons with Disabilities (CONADIS)

The benefits of outdoor activities are physical, mental and social. But for the 1 in 4 Canadians who have a disability, accessing these benefits can be a challenge. When thinking of accessibility, the picture of a wheelchair user is what typically comes to mind. However, only a small number of people who have a disability use a wheelchair or mobility device. Much needs to be done to include people living with disabilities such as hearing impairment, vision loss and developmental disabilities.

One business that has championed the vision of creating outdoor spaces that can be accessed by people who have a disability is **Heartland Forest** (<https://www.heartlandforest.org/>). They understand that creating an accessible environment improves overall customer experience for all. They are among several businesses in the Niagara Region who are creating accessible customer experiences as well as accessible workplaces by including people who have a disability in their organization.

To celebrate the advances these organizations have achieved on employment inclusion, Niagara Training & Employment Agency (NTEC) is partnering with the Ontario Disability Employment Network (ODEN) to celebrate **National Disability Employment Awareness Month (NDEAM)**. NDEAM is an annual awareness campaign to promote employment inclusion for people who have a disability and celebrate the many and varied contributions they bring to the workplace.

The **Trek for Inclusion** will take place on Saturday, October 26 at the Heartland Forest from 10:00 am to 12:00 noon. This event will highlight the many steps businesses in the Niagara region have taken to create inclusive environments in their workforce, as well as celebrating the many contributions that Niagara citizens who have a disability have brought to their places of work.

Join us as we take further steps to demystify myths around disability, showcase businesses who have benefit from hiring more inclusive and celebrate the contributions that people who have a disability have brought to businesses in the Niagara region and beyond.

This free family event is open to all in the community. We will have light refreshments, family entertainment, take part on our “Cider & Chocolate for Your Feedback” portion, where you can give Heartland Forest s and other businesses YOUR thoughts on how they can make their businesses even more inclusive!

Sign up today and see you on Saturday, October 26.

**BROUGHT TO YOU BY**

