

"At KEEN, I learned things about myself and gained first-hand experience. KEEN's athletes taught me the value of patience, compassion and understanding."

—Volunteer

"KEEN is the best part of my son's weekend. And, while he's having fun there, I can spend time with my other children or just enjoy some time to myself."

—Parent

"Children with disabilities have precious few activities that fill them with joy and a sense of accomplishment. So, when something comes along that sets their hearts aglow it is to be all the more cherished. KEEN has been nothing less than a treasure for our child and family."

—Parent

 **KEEN**
KIDS ENJOY EXERCISE NOW
greater dc

GET

INVOLVED

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STAY IN TOUCH WITH US ON:

Twitter.com/KEENGreaterDC
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KEEN Greater DC is a 501(c)3 organization.
Our EIN No. is 42-1657976

**PROVIDING FUN,
FITNESS, & FRIENDSHIP**

KEENGreaterDC.org



WE
ARE

PROUD

WE
ARE

UNIQUE

WE
ARE

CHANGING LIVES

Self-confidence, self-esteem, a sense of belonging and social and sports skills are just some of what children and young adults with developmental and physical disabilities gain from their one-to-one KEEN experiences and fun-filled programs.

- **We accept every child** with developmental and physical disabilities.
- All our programs are run and managed by **committed volunteers**.
- All our activities are completely **free of charge**.

Tremendous volunteers, supporters and donors **allow us to continually grow**, finding more ways to serve more children. Our kids gain a sense of belonging. Our volunteers grow personally and professionally, gaining a deeper understanding of themselves and others. Donors and supporters **make it all possible**.