

Project HERO at the **Horsham Air Guard Station**

The Pennsylvania Air National Guard at the Horsham Air Guard Station, through cooperation with the Philadelphia Veteran's Administration Hospital, has established a Project HERO (Healing Exercise Rehabilitation Opportunity) site at the Horsham Air Guard Station. The purpose of the program is to provide rehabilitative cycling opportunities, services, training, and equipment in order for injured service members to overcome the challenges associated with living with the injuries sustained in the line of duty. The entire program is operated by a dedicated team of volunteers who are experienced riders. Volunteers are trained by a Certified Project HERO representative. Participants in the program receive medical assistance and oversight from Veterans Administration staff from areas such as recreational therapy, prosthetics, internal medicine, orthopaedics, and mental health.



The Horsham Project HERO team of volunteers

**Ready to serve
those who have served their country**

For more information...

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Visit the Horsham Project HERO Facebook page at:

<https://www.facebook.com/groups/376134289157346/>

HORSHAM AIR GUARD STATION



2 PROJECT HERO
Healing Exercise Rehabilitation Opportunity



*Information
Pamphlet*



Horsham Air Guard Station
1051 Fairchild Street
Horsham, PA 19044

About Project HERO

Who Are We Helping?

Project HERO provides training and supports cycling programs at military hospitals, Army Warrior Transition Units, Marine Wounded Warrior Units, and VA locations to help healing heroes overcome obstacles they face. Begun in November 2010 at Bethesda Naval Medical Center (now Walter Reed National Military Medical Center), Project HERO has proven the effectiveness of group riding in the rehabilitation of injured service men and women. Cycling is an important part of the recovery and rehabilitation program for many reasons. features cycling as the core activity in healing and lifelong rehabilitation.

- ◆ Cycling is an activity in which almost all patients with physical and/or psychological disabilities can participate at their individual level.
- ◆ Project HERO provides expertise, training, events, and site location support to promote a fuller recovery in the rehabilitation process.
- ◆ Specially adapted bikes are designed and built by Ride 2 Recovery staff to suit individuals' needs, making it possible for almost everyone to participate in the program.

Project HERO Mission

To make a difference in the lives of Healing Heroes by providing a rehabilitation experience that can impact their lives forever

Project HERO Goal

To enhance, inspire, and challenge Healing Heroes' rehabilitation by introducing them to Ride 2 Recovery which allows each person to set individual goals while working in a group. We will partner with the local facility staff and cadre to create a personalized and progressive cycling program that fits the needs of the patient population and will promote a fuller and quicker rehabilitation.



Ride 2 Recovery is organized by Fitness Challenge, a 501 (c)(3) organization, in partnership with the Military and VA Volunteer Service Office, that provides mental and physical rehabilitation programs for our country's wounded veterans and healing heroes. Many Project HERO participants train to join Ride 2 Recovery Challenge rides and Hero rides that are held regularly, across the country, throughout the year.



Horsham Project HERO is proudly sponsored by:

Friends of the Family Readiness Group
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Project HERO National Sponsors

