

August, 2026

Dear WAHHI Members:

Thanks to the generous support of the members of WAHHI, through their Movement and Music for Well-Being grant, Programs for Exceptional People (PEP) has been able to continue offering adaptive fitness classes to its members.



These classes concentrate on balance, coordination, flexibility and endurance. PEP also offer weekly music therapy sessions, which encourage communication, emotional expression, confidence and social interaction—these programs are the highlight of the 88 PEP members' week!

The programs, which are held at the Island Recreation Center, reach far beyond the immediate benefits the members receive, by promoting inclusion and strengthening partnerships with local organizations. This in turn exposes community members to the abilities and talents of those PEP serves.



Families also benefit greatly, knowing that their loved ones have access to structured, engaging activities that support healthier, more independent lives.

Thank you!

- Nancy Sulek, Executive Director