

## PRESS RELEASE

*For Immediate Release*

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### Nova Care Orthotics & Prosthetics hosts a First Climb Clinic

August 25, 2017 – Charlotte, NC – Nova Care Orthotics & Prosthetics in Lancaster, PA recently hosted a First Climb Clinic at Spooky Nook Sports. The clinic was led by First Climb instructor Tommy Lyon and assisted by the staff of Spooky Nook and a volunteer group of physical therapy students from Thomas Jefferson University in Philadelphia. The event also featured an appearance by two time Paralympian Tyler Carter, a member of the Paralympic and US Ski Team. Tyler is a native of Topton, PA and a member of the OPAF Advisory Board.

Spooky Nook Climbing gym offers many different climbing opportunities from shear face to bouldering and self belaying. Tommy gave instruction from the floor and coaching from the wall. One first time climber, Bob McCabe said, “Tommy was great and Spooky Nook was awesome. This was my first time climbing and it looks like a sport I’ll get into”. Bob also had the unique opportunity to reacquaint with an old buddy, Richard Geesey, also a Nova Care patient.



**About OPAF:** Serving as the philanthropic arm of the US orthotic and prosthetic community, the Orthotic & Prosthetic Activities Foundation (OPAF), develops, implements, partners and hosts adaptive recreational clinics for those with physical challenges. The First Clinics are recognized as leaders in adaptive recreation. Whether this is the first time a participant is trying an activity after illness, injury or episode or the first time they are ever trying, First Clinics offer top notch adaptive instruction specifically for them. Founded in 1995 to support the Paralympic Games in Atlanta, OPAF & The First Clinics have moved forward to offer introductory level adaptive recreation opportunities to everyone, not just the elite athlete. For more information on OPAF and The First Clinics, visit [www.opafonline.org](http://www.opafonline.org).