



INTERNATIONAL SCI DAY - 5 SEPTEMBER

## YES WE CAN

Life can still be an adventure after a spinal cord injury



Yes you can be a sporting star



Yes you can have a successful relationship

### YES WE CAN:

- Be active community members
- Pursue careers
- Accomplish goals we set: drive a car, write a book, travel, scuba dive, have children...
- Be involved with disability associations to inspire others
- Educate others on how to prevent spinal injuries

For more information on the prevention of spinal cord injuries and spinal cord rehabilitation, contact:



QuadPara Association (QASA)  
[www.qasa.co.za](http://www.qasa.co.za)



Southern African Spinal Cord  
Association (SASCA)  
[www.sasca.org.za](http://www.sasca.org.za)



Spinal Cord Society (ISCoS)  
[www.iscos.org.uk](http://www.iscos.org.uk)

[www.sciday.org](http://www.sciday.org)



## **INTERNATIONAL SCI DAY – 5 September 2017**

The QuadPara Association of South Africa (QASA) is participating in International Spinal Cord Injury Day on 5 September 2017 and embraces this year's theme "YES WE CAN"!

15 Quadriplegics and paraplegics will be attending a capacity building Employability Empowerment session, hosted and sponsored by BradshawLeRoux Recruitment and Assessment Specialists.

QASA is developing these candidates to increase their employment opportunities, that will empower them to say and live by "YES WE CAN"!