

Penn State Health **RecFest 2026**

Resources

Sports

Life skills



Free admission

Free parking

Saturday, Aug. 22 • 1–4 p.m.

Spooky Nook Sports Complex, 75 Champ Blvd., Manheim, PA

**An adaptive event for those with visible and invisible disabilities,
as well as their families, friends and caregivers**

FEATURED SPEAKER

Dr. Tom Morris serves as assistant athletics director for High Performance – Olympic Sports at Penn State. He leads innovative training and monitoring strategies focused on student athlete wellness, injury prevention, recovery and peak performance. A Penn State kinesiology graduate and nationally certified master strength and conditioning coach, he is committed to elevating the High Performance program to a world-class standard.



QUESTIONS: Contact Nancy Lokey at nlokey@pennstatehealth.psu.edu



Registration required.
Scan to sign up in advance.



PennState Health



PennState
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Presented by Penn State Health Physical Medicine and Rehabilitation