



**Is your disability preventing you from being active?  
Are you suffering mental health issues?  
Has your health been impacted by Covid-19?**

**The Disabled Sailing Association (DSA) sailing experience includes all natural elements: relaxing sea air, gentle wind in the sails, calming wave motion, peaceful atmosphere, dolphins, porpoises, seals, birds, spectacular coastal scenery, friendly crew. Also includes wheelchair friendly yachts.**

**Recommended dose:** *One DSA sailing session to be taken regularly, with friends.*

**Repeat prescriptions:** *On request*

**Long term prognosis:** *Healthy, active lifestyle*

To find out more about the DSA please contact us:

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