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Disabled But Not Really

Wesley Hamilton was born and raised in Kansas City Missouri. He was shot at age 24 and suffered a spinal cord injury. He found himself as a single father that had to adjust to a life using a wheelchair. He became depressed but was inspired by his daughter. Wesley began a physical and mental transformation through fitness and a nutrition regiment. He realized that he had the potential to help other people with disabilities. He founded Disabled But Not Really (DBNR). The organization advocates for people with disabilities by raising awareness about spinal cord injury, promoting mental and physical wellness, and engaging diverse audiences through local and national events. Wesley says: “people deserve to know that they are more than their circumstances. DBNR’s website is: www.disabledbutnotreally.org

Did you know?

October is Down Syndrome Awareness Month

During October, events will take place to raise awareness and shine a light on the abilities of those with Down Syndrome. The National Down Syndrome Society sponsors “Buddy Walks” throughout the country to show support and advocacy. The Down Syndrome Information Alliance suggest that you can participate by carrying out 31 random acts of kindness, one for each day in October. The main focus of the month is to celebrate abilities, rather than disabilities.