



## MEDIA ALERT

### FOR IMMEDIATE RELEASE

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### Competition and Physical Activity at the Ninth Annual Metal & Muscle Expo

The Ninth Annual Metal and Muscle Expo will take place at Hall E of the George R. Brown Convention Center, 1001 Avenida de Las Americas, 77010, from 9:00 a.m. – 5:00 p.m., December 8, 9, and 10, 2017, hosted by the Houston Parks and Recreation Department. It is free to the public.

- WHO:** Veterans returning from active duty and others with disabilities  
Vendors presenting products and services for people with disabilities  
Houston Parks and Recreation Department's Adaptive Recreation staff
- WHAT:** Ninth Annual Metal and Muscle Expo
- WHEN:** Friday - Sunday, December 8, 9 & 10, 2017  
9:00 a.m. – 5:00 p.m.
- WHERE:** Hall E, George R. Brown Convention Center  
1001 Avenida de las Americas  
Houston, TX 77010

First brought to Houston in 2008, by the Houston Parks and Recreation Department, the Metal and Muscle Expo introduces sports and recreation options as ways for people with disabilities to be physically active. Participants and visitors will experience wheelchair versions of rugby, basketball, and racing, as well as challenge slalom, sitting volleyball, judo for the blind, air guns, and boccia. The event is completely free and open to the public. For additional information, please visit <http://www.texasregionalparalympicsport.org/metal-and-muscle>.

*The Houston Parks and Recreation Department (H.P.A.R.D.) stewards and manages over 37,851 acres of parkland and greenspace for the City of Houston and develops and implements recreational programming for citizens of all abilities. For more information on the Houston Parks and Recreation Department, call (832) 395-7022 or visit [www.houstonparks.org](http://www.houstonparks.org).*