

## WHAT CAN I DO FOR MY MITZVAH PROJECT?

There are so many ways to raise awareness and funds for the ISCD.

Here are some popular past projects – maybe you'll love them too!

Run or bike for charity

Hold a Jump-A-Thon

Host a wheelchair basketball game or tennis exhibition

Host a tournament for your favorite sport

Have a bake sale

Hold an event at your school or synagogue with a special guest

Have a garage or yard sale

...or come up with your own unique idea!



## OUR MISSION



The American Friends of ISCD is committed to providing ongoing financial support to the Center, empowering children and adults with physical disabilities from all backgrounds to participate in physical and psychological rehabilitation through sports, to attain the goal of leading productive and successful lives in Israeli society.

For more information, contact:

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AMERICAN FRIENDS OF  
ISRAEL SPORT CENTER  
FOR THE DISABLED



## Mitzvah Project

**"Once you choose hope, anything is possible."**

-Christopher Reeve

## WHAT IS THE ISRAEL SPORT CENTER FOR THE DISABLED?

Welcome to the amazing ISCD!



The Israel Sport Center for the Disabled, located in Ramat Gan, is a home-away-from-home for close to 2,500 sports-loving kids and adults with physical disabilities. The Center believes that people of ALL backgrounds and abilities should be able to experience the joy of sports – just like you and your friends do!

**The Center offers 18 different sports!**

Aquatics, track and field, wheelchair basketball, table tennis, para-cycling, rugby, tennis, bocce, and so much more!

## WHY SHOULD I CHOOSE THE ISCD FOR MY MITZVAH PROJECT?

Lives are changed every day at the ISCD. When you choose the ISCD for your Mitzvah Project, you:

**I**NSPIRE success in sports and in life  
**S**C**REATE bright futures for kids  
**D**ISCOVER new friendships**



The Center relies on the support of kindhearted people like you to make its important work possible.



## HOW DO I START MY MITZVAH PROJECT?

Want to join the AFISCD in changing the lives of these incredible athletes?



Send an email to [info@afiscd.org](mailto:info@afiscd.org) with a few paragraphs about yourself and why you are choosing the AFISCD for your mitzvah project. You can do your project individually, or with a group! Make sure to attach a picture of yourself. You can add a video too. We'll add your story, picture, and video to the AFISCD's website, and your friends and family will be able to post messages to you and donate directly from there.

