The mission of Ski for Light (SFL) is to enhance the quality of life and independence of visually or mobility-impaired adults through a program of cross-country skiing.

**Get involved with SFL!**

Join us at our annual week long XC Ski Event: SFL International!

✓ As a blind, visually or mobility impaired skier
✓ Beginners thru advanced skiers are welcome!
✓ Trained guides ski alongside skiers

✓ As a XC Ski Guide
✓ Share the sport you love with adaptive skiers.
✓ Intermediate or advanced skiers welcome.
✓ SFL provides training.

✓ As a Worker Bee
✓ Volunteer to assist the ~200+ skiers

**Support SFL!**

✓ Make a financial contribution (tax deductible)
✓ Sponsor SFL by donating goods or services
✓ Be a SFL ambassador: spread the word about SFL to potential skiers, guides, volunteers & sponsors
✓ Ski locally and help a future SFL skier prepare!

www.sfl.org  www.facebook.com/skiforlight