Wellness is essentially important for individuals of all abilities to live healthier lives. The League is proud to support more than 2,000 participants annually with a wide variety of physical and mental activities in each of our 12 programs. Funds raised from the 2023 Active TOGETHER Challenge make it possible to offer music and movement classes to individuals in our Adult Medical Day, SCALE Aphasia, and MS Day Programs, swim lessons for children in our Youth Autism Services, and personal trainings for individuals in our Meaningful Day Program. Thank you for being a part of our mission to provide opportunities for youth and adults of all abilities to gain independence, increase self-sufficiency, and improve their overall quality of life.

brought together the compounding impact of:

- 47 Challengers
- 55 Fundraisers
- 108 Donors Resulting in 113 Donations

$13,555 Total Raised

This year’s Challengers had the opportunity to join in 7 pop-up events made possible with the generosity of our local partners:

- BMORE ADAPTIVE TRAINING
- THE MINE
- PILATES HOUSE
- TREK

Plus a run and hike facilitated by our very own 2023, Co-Chairs! Thank you Sarah Cusack Kilberg & Morgan Simonet!

In addition to the local Baltimore pop-up events, Challengers had the opportunity to participate in a total of 26 activities and daily on-your-own challenges. Most importantly, they used the opportunity to combine their fitness efforts with fun to raise essential awareness and funds for The League!