

March 2010 Newsletter

In this issue:

- Feature Destination
- AbilityTips
- Picture of the Month
- Traveler of the Month



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Feature Destination:

Spring is around the corner, as is St. Patrick's Day. This is one of the reasons why the AbilityTrip team has chosen to profile Ireland in this month's newsletter. Our team recently visited Dublin, Galway and a variety of other spots in Ireland. We found the country surprisingly more accessible than anticipated. Dublin offers several accessible spots including the Book of Kells and Dublin Castle. Check out our [Dublin](#), [Galway](#), and [Connemara](#) pages for more information. Have a Happy St. Patrick's Day!

Picture of the Month:



Photo taken in Connemara, Ireland of the Kylemore Abbey

*The grounds of the Abbey are accessible, but not the Abbey itself

Please submit your favorite travel photo(s) to: admin@abilitytrip.com to have your travel picture featured in an upcoming newsletter.

AbilityTips of the month:

Tips on how to keep your body healthy while flying.

Blood clots can occur in flight for people with limited mobility. Here are some tips on how to keep your body healthy when flying:

1. If you are able to move your own legs, doctors suggest stretching every 30 minutes.
2. If you're unable to move your own legs, have your companion move/adjust your legs about every 30 minutes.
3. Always wear compression socks or compression hose when flying.
4. Wear loose clothing for better circulation and comfort.

Traveler of the Month:

We want to feature one of our members - send us your favorite travel story. In return we will send you an AbilityTrip gift and we will feature a select group of stories in our next newsletter.

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