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Shake-A-Leg Miami

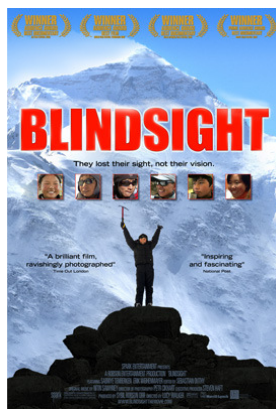
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No Barriers Festival and No Barriers USA

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FREE SUMMER MOVIES STIR EMOTION AND BLEND INSIGHT AT SHAKE-A-LEG MIAMI

*"It's Supposed to be Hard. If it wasn't hard everyone would do it."
- Tom Hanks, A League of Their Own.*

COCONUT GROVE, FL (May 26, 2009) – [Shake-A-Leg Miami](#), a unique, community-based aquatic activities center serving able bodied individuals as well as those with physical, developmental and economic challenges, will present two free award-winning inspirational films offering lessons about overcoming life's challenges on Saturday, June 6 at 8 p.m. during Miami's first [No Barriers Festival](#).

"Films have a way of teaching us lessons about what's possible. They make us think, stir emotion and give unique insight into life's sometimes difficult journeys," says Erik Weihenmayer, Co-Founder of the No Barriers Festival and the only blind man to climb the seven summits of

the world. "These films illustrate the obstacles that we must overcome to reach our goals and they play an important role in the overall mission of the No Barriers Festival, which is to shatter beliefs about what is possible."

The historic Coast Guard Hangar at Shake-A-Leg Miami in Coconut Grove will be transformed into a summer theater as the No Barriers Festival presents the award-winning films "Coming Home: Military Families Cope with Change" and "Blindsight."

"Coming Home: Military Families Cope with Change," salutes the extraordinary courage and strength of military families and offers the general public a powerful glimpse into what they often must endure. With music by John Mayer and *Sesame Street* Friends Elmo and Rosita, the special encourages kids to ask questions, talk about how they feel, and be what they are - kids. Academy Award-nominated actress Queen Latifah meets real families dealing with combat-related injuries including the loss of a leg, traumatic brain injury and Post-Traumatic Stress Disorder. "Coming Home" was produced by [Sesame Workshop](#), the nonprofit educational organization behind [Sesame Street](#), in association with David Letterman's production company Worldwide Pants Incorporated and Lookalike Productions.

Set against the breathtaking backdrop of the Himalayas, "Blindsight." follows the gripping adventure of six blind Tibetan teenagers who set out to climb the 23,000 foot Lhakpa Ri on the north side of Mount Everest. Believed by many Tibetans to be possessed by demons, the children are shunned by their parents, scorned by their villages and rejected by society. When Sabriye Tenberken - a blind educator and adventurer who established the first school for the blind in Lhasa - contacts Erik Weihenmayer and invites him to visit their school, the group undertakes the life changing challenge. Erik arrives in Lhasa and inspires Sabriye and her students Kyila, Sonam Bhumtso, Tashi, Gyenshen, Dachung and Tenzin to let him lead them higher than they have ever been before. The resulting 3-week journey is beyond anything any of them could have predicted.

The free films are part of the four day No Barriers Festival, a unique, international, multi-day event that combines land and water-based adaptive sports with cutting-edge techniques and technologies that enable individuals with challenges to live as actively as possible and to break through their own personal barriers. Highlights include: music, art, cultural programs; special guest appearances such as Molly the Pony, an amputee horse with a prosthetic leg; an Innovation Village featuring demonstrations and supervised use of the newest adaptive

products; and Technology Symposiums, showcasing the latest research and development in assistive technology.

The films are free and open to the public. For information on the 2009 No Barriers Festival, please visit www.nobarriersusa.org. **Tickets to the No Barriers Festival are \$75 for a full weekend pass**, including a provided dinner on Thursday, Friday and Saturday night and a pancake breakfast on Sunday. Partial scholarships are available for qualified individuals, caregivers and family members. To see if you are eligible to receive a partial scholarship or for further information contact info@nobarriersusa.org or call (952) 472-2400.

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ADDITIONAL INFORMATION

About No Barriers USA

Conceived by a group of friends with a passion for the beautiful natural places of the world, No Barriers USA is a not-for-profit organization which assumes that each person, regardless of age, state of mind or physical condition, has a thirst for adventure and a hope for the future which is worthy of igniting. No Barriers is more than a name; it is the attitude of reaching out and finding ways to accomplish one's dreams, no matter what it takes. No Barriers is for all people, regardless of age, state of mind or physical condition. For more information visit www.nobarriersusa.org.

About Shake-A-Leg Miami

Shake-A-Leg Miami is a unique, community-based aquatic activities center that serves children and adults with physical, developmental and economic challenges. As one of the largest public facilities in Southern Florida, and one of the most inclusive community-based organizations in the nation, Shake-A-Leg Miami uses the natural environment of the water as an organic classroom for an education program that compliments water-based activities. The goal of Shake-A-Leg Miami is to empower and energize people by developing self-confidence and fostering a sense of independence that improves the quality of life. For more information on Shake-A-Leg Miami visit the Sea Base located at 2620 S. Bayshore Drive or online at www.shakealegmiami.org.

2009 No Barriers Festival Sponsors (confirmed as of May 26, 2009)

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