

Center opens in Truckee for athletes with disabilities

The Craig Empowerment Center, an 800-square-foot addition to the CR Johnson Healing Center in Truckee, opened this week.

The center not only adds space and top-of-the-line training equipment, but also provides additional training resources from Craig's specialized therapy staff.

The CR Johnson Healing Center is a training facility that provides resources for athletes in recovery from life-altering and sport-related injuries. The Healing Center attracts more than 3,700 visits a year from community members and athletes supported by the High Fives Foundation, a nonprofit organization that raises injury prevention awareness while providing resources and inspiration to those who have sustained life-altering injuries.

The addition of the Craig Empowerment Center gives athletes unique access to important strength-training technologies such as the FES Bike, Freemotion EXT Dual Cable and Parallel Bars, and gives them more space for important workouts.

The Craig Empowerment Center is available to High Fives athletes and the local community.