

**Natalia Islava, Central Methodist University**  
**PGC 2023 User: NatiLovesNature, Insta @natilovesnature**  
**nataliaislava@gmail.com**  
**DAY 8 Greener**

@disablednoutdoors While scrolling through Instagram, I found one account that celebrates disabled hikers and explores the challenges they face and overcome. My grandmother is an avid hiker, but after a few heart surgeries she has lost mobility and now needs the assistance of a wheelchair. Most of her favorite parks are inaccessible for her to even attend picnics anymore. How about creating wheelchair-friendly picnic areas in our parks and outdoor spaces?

I dream that my grandma can access a beautifully designed picnic spot, complete with accessible tables and benches, not just destined parking spots. It's about creating spaces where everyone, regardless of mobility challenges, can gather and enjoy the beauty of nature together.

This small addition can make a world of difference, not just for our family but for many others who deserve to experience the simple pleasures of outdoor picnics.

Seeing posts like this on Instagram inspires me because I see others conquering much greater feats with the same challenges my family faces, I know what I dream is achievable.

