



SMILE Mass, Inc.

Small Miracles in Life Exist (SMILE Mass) is a 501 C3 non-profit organization dedicated to helping families raising children or adults with disabilities enjoy happy, healthy memories, education, vacation, and recreation experiences.



Introduction to SMILE Mass and Our Mission



Dedicated to the Disabled Community

SMILE Mass (Small Miracles in Life Exist) is a 501(c)(3) non-profit supporting families with children or adults with disabilities.

Mission of Inclusion and Enjoyment

Our mission is to enable families to create happy, healthy memories through accessible education, recreation, and vacation opportunities.

Programs Focused on Wellness

SMILE Mass offers adaptive fitness, inclusive community events, and other services to improve life quality and independence.



Club SMILE Mass Activities



1:1 swimming sessions with specially trained coach



1:1 gym sessions with specially trained coach



Social Skills



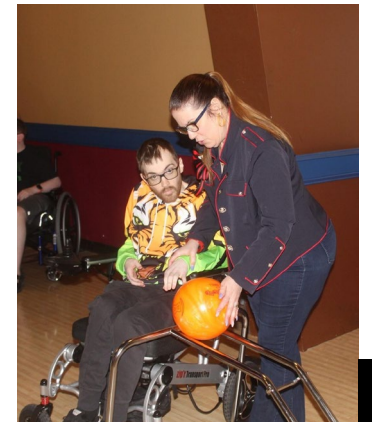
Music Therapy



Adaptive Bike Riding

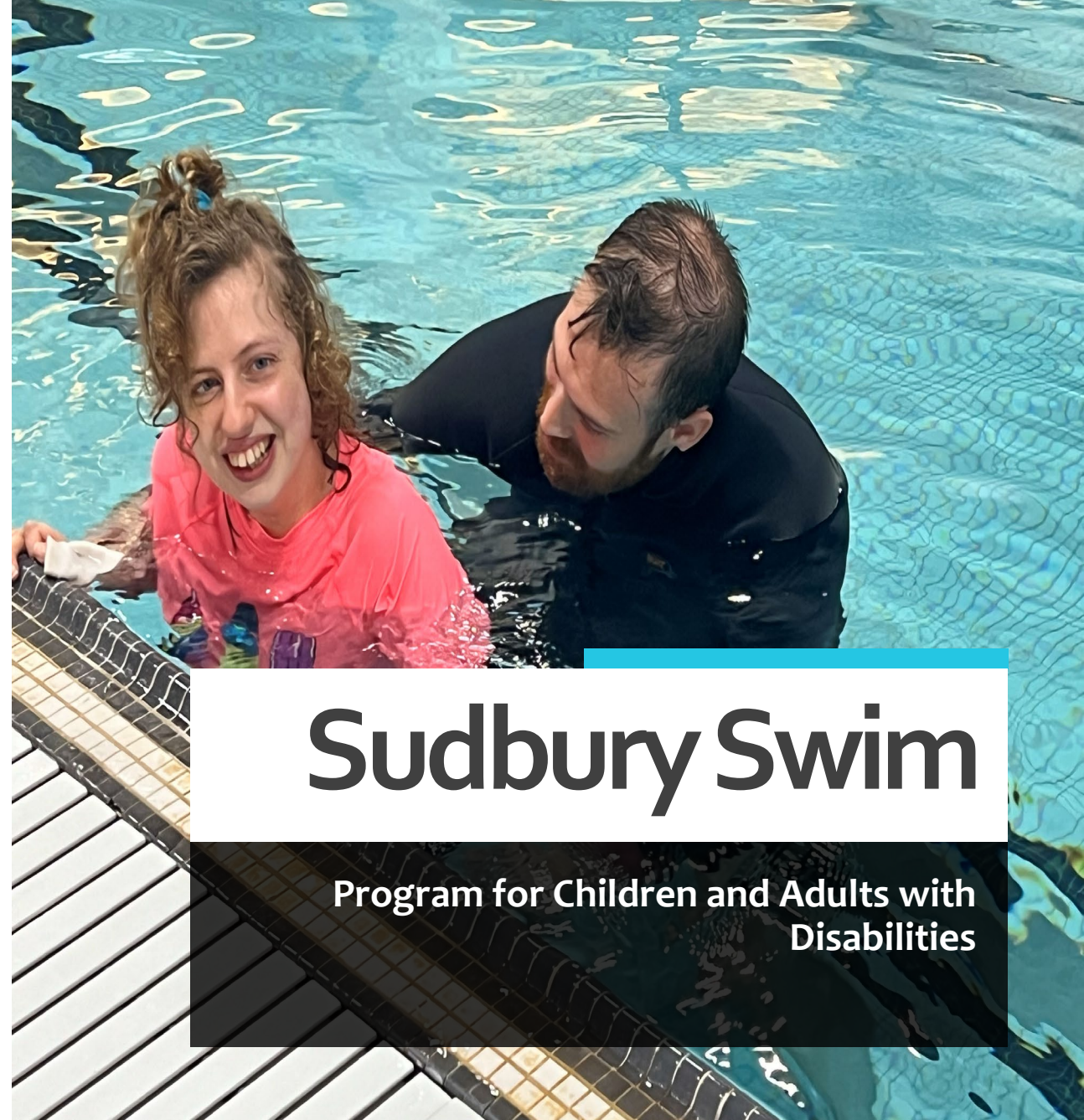


Inclusive Community Outings





Our swim program, held at Sudbury Park and Recreation, operates on Tuesdays, Thursdays, and Saturdays. It serves children and adults with disabilities. Many are unable to find swim sessions elsewhere. We have six trained coaches who work with Club SMILE Mass members, providing personalized instruction to enhance water safety and swimming skills.



Sudbury Swim

Program for Children and Adults with Disabilities



Client Success Stories and Smiles in the Pool

Our programs have led to numerous success stories, with clients achieving personal milestones in swimming and social interaction. The joy and confidence gained through these activities are evident in the smiles and enthusiasm of our participants.

Thursday Social Group at Sudbury Park and Rec



Club SMILE Mass' group gives clients a place to socialize and make friends. Activities include creating crafts like seasonal decorations, promoting creativity and fine motor skills. The group provides a safe and fun environment for clients to practice communication and socialization.



The SMILE Mass specialized gym program is a core offering designed to provide individuals with disabilities tailored physical fitness opportunities in a supportive environment. Our program includes 1:1 coaching sessions, where each participant works closely with a trained coach who adapts exercises to meet the unique physical and cognitive needs of each client.



Specialized Gym Sessions

Program for Children and Adults with Disabilities

Club SMILE Mass Gym Program



The gym program is transformative, helping clients build physical strength, social confidence, and a sense of community. For many, it provides a rare opportunity to engage in fitness activities that respect and support their needs, helping them to live a healthier, fuller life.

The Good SMILE Mass does in the Community



Equipment Loaner Program

The SMILE Mass Equipment Loaner Program provides families caring for individuals with disabilities access to adaptive equipment. By removing financial and logistical barriers to adaptive equipment, the program opens up new possibilities for independence, joy, and family bonding.



Floating Beach Wheelchairs

SMILE Mass donates 20 floating beach wheelchairs each year to public beaches and ponds across New England. Every donation helps further the SMILE Mass mission, bringing us closer to a future where every public beach and pond in New England is accessible to everyone, one beach wheelchair at a time.

SMILE Mass Beach House

Our fully handicapped-accessible beach house in Wellfleet, MA offers families equal opportunity to enjoy a vacation with minimum barriers and the beach as their backyard.



2025 will be the 12th annual Gobble Wobble taking place at Curtis Middle School in Sudbury. The race is an inclusive event featuring special athletes and five- and ten-kilometer runners whose participation raises money for SMILE Mass.



Thank You

Lotte Diomede, President



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