

# This is my story.

## Ricardo Aranda.



I am part of my local L'Arche **community**.

I help make decisions about events with L'Arche Atlanta community council.



I feel **encouraged** and **supported**.



I love taking part in **adaptive wheelchair racing**.



I feel **included** when I take part in races.

People with disabilities **can be athletes too.**



I am an **advocate.**

**I fight for my rights.**



It is important to **use your voice and speak out.**



Thank you for reading this article.