

FOR IMMEDIATE RELEASE

Stephen Horton
916-283-8312
SHorton@ucpsacto.org

**UCP OF SACRAMENTO JOINS WORLDWIDE STEPtEMBER INITIATIVE
OUR STEPS GIVE OTHERS STEPS TO A BETTER LIFE**

SACRAMENTO - UCP of Sacramento and Northern California (www.ucpsacto.org), is proud to join in STEPtember, a global movement to improve the lives of people living with cerebral palsy (CP) and other developmental disabilities. For 28 days straight, advocates across the world will commit to taking 10,000 steps a day to raise awareness and critical funds for this important cause and to increase their fitness. UCP of Sacramento and Northern California and other UCP affiliates have partnered with Cerebral Palsy Alliance in Australia are dedicated to making this year's challenge the most empowering and successful one yet.

"We are excited to rise to the challenge STEPtember poses and bring this campaign to our community," adds Doug Bergman, UCP's president and chief executive officer, "With the help of everyone who participates in this challenge, we can create a movement that inspires, transforms and directly benefits the 5,730 clients that UCP serves monthly, to ensure that they receive programs and services here in the Sacramento and Northern California areas."

Those living with CP and developmental disabilities need support services provided by UCP of Sacramento and Northern California to have a greater sense of independence and happiness, empowering them to live a life without limits. When you join STEPtember, supporters can be assured that 90 cents of every dollar raised goes toward cerebral palsy research and to local programs and services offered in UCP's eight county service area that improve the independence, productivity and quality of life for people with developmental disabilities and their families.

Anyone can join the movement and form a team of four to participate in STEPtember. You can register online at <http://bit.ly/2uEPz8l>. By empowering yourself through the STEPtember experience, your teams of friends, family members or colleagues will improve you own health, as well as empower people living with disabilities. For more information contact Natisha Frye Cowling by email (nfryecowling@ucpsacto.org) or phone at 916-283-8317.

About STEPtember

Promoting a Life Without Limits, Cerebral Palsy Alliance's STEPtember challenges participants to take 10,000 steps or the equivalent of any other kind of physical activity 28 straight beginning September 4 to raise funds for those living with Cerebral Palsy and other disabilities. Group participants of four pay \$100 each team, but some are raising much more! For more information and to get involved, visit STEPtember.us and join the movement.

About UCP of Sacramento and Northern California

UCP of Sacramento and Northern California is the leading provider of comprehensive services to children and adults with all developmental disabilities and their families. UCP works with 5,730 people a month in our eight-county area (Butte, El Dorado, Nevada, Placer, Sacramento, Shasta, Sutter and Yolo), empowering children and adults who - without support- would be isolated from community.

www.ucpsacto.org

###