



Our STEPS Give Others STEPS to a Better Life! STEPtember 2017

A national campaign and philanthropic opportunity that challenges people to take the equivalent of 10,000 STEPS 28 days straight.

September 4 - October 1, 2017

Registration Now Open!

The best part? For every \$1 raised, 90 cents goes directly toward cerebral palsy research, local programs and services.

STEPtember BENEFITS:

- Improve your health and well-being
- Be more productive
- Encourage teamwork
- Raise funds for developmental disabilities



<http://bit.ly/2uEPz8I>



STEPtEMBER

CAN ANYONE PARTICIPATE IN STEPtember?

Absolutely! STEPtember is not just about walking your way to better health – participants can run, cycle, swim, or even do yoga to reach your daily 10,000 step target!

GET STARTED IN 5 EASY STEPS

1. Form a team of 4 people and register.
2. Receive your Kit in the mail in August.
3. Wear your pedometer & get active. There are over 40 activities that can be converted to steps!
4. Enter your steps online or via your smartphone
5. Have fun and fundrai\$e along the way!

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For more information on how it works and sponsorship opportunities, contact Natisha Frye Cowling at 916-283-8317 or nfryecowling@ucpsacto.org



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Life without limits for people with disabilities

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