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**FOR IMMEDIATE RELEASE:**

## **SportsAbility 2014 – People with Disabilities SCUBA, water-ski and more!**

Tallahassee, FL, April 2014 – People with disabilities, their families, and friends will enjoy the 24th annual SportsAbility celebrating Active Leisure for Life. SportsAbility offers people of all abilities ways to stay active that will enrich their quality of life. People who are more active live longer and feel better. Everyone is invited to participate in a wide variety of fun recreation activities April 10-12, 2014.

SportsAbility kicks off with adaptive baseball and lawn games at the Miracle Field in Messer Park on Thursday, April 10<sup>th</sup> from 6:00-8:00 pm. Friday features accessible, inclusive indoor activities, games, entertainment, demonstrations, and a Resource Expo from 10:00 am – 2:00 pm at TCC Lifetime Sports Complex. The Resource Expo gives people the ability to ask questions, receive information, and learn about the latest in products and services. Finally, Saturday's activities at Ochlockonee River State Park include long-time favorite options of sit water-skiing, kayaking, sailing, archery, swimming, SCUBA, nature trail rides, pontoon boat rides, horseback riding, and much more from 10:00 am – 3:00 pm. A free shuttle from the CK Steele Plaza in Tallahassee is available and leaves at 9:00 am and 10:00 am. All of the above mentioned active leisure events are free thanks to your sponsors.

"All abilities and all ages are welcome. SportsAbility is a program where families and friends learn how they can all recreate together. People focus on what they CAN do. Assistive technology, such as sit water-ski equipment help people of all abilities participate. Positive health and wellness benefits result from people learning how they can lead an active life," stated Laurie LoRe-Gussak, FDOA Executive Director.

The Active Leisure for Life Banquet provides an evening of inspiration, dinner, music, and a silent auction on Friday, April 11<sup>th</sup> beginning at 6:30 pm. This year's keynote speakers are Motivational Speakers/Comedians, Julie and Derrick Tennant. Tickets for the banquet are available for purchase at [www.fdoa.org](http://www.fdoa.org) or by calling (850) 201-2944.

SportsAbility utilizes hands-on training to help people with disabilities to become more comfortable and confident in getting out and being active. Everyone is encouraged to come out and see what is possible and realize there are no boundaries to great to overcome!

**SportsAbility** is the premier program hosted by the Florida Disabled Outdoors Association (FDOA). This program is funded through partnerships and relies on the continuous help and support of FDOA sponsors some of which include: Goodwill of the Big Bend, Tallahassee Community College, Tallahassee Orthopedic Clinic, Florida ARF, Leon County Tourist Development Council, Florida State Parks, The Brain and Spinal Cord Injury Program, Community Health Service Partnership and many more. Each sponsor contributes to the community through increasing awareness for recreation and physical activities for people with disabilities. FDOA thanks its sponsors for their involvement and generosity.

To register or get more information on **SportsAbility 2014**, please contact the FDOA at (850) 201-2944 or [info@fdoa.org](mailto:info@fdoa.org) or visit [www.fdoa.org](http://www.fdoa.org).

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