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FOR IMMEDIATE RELEASE:

**SportsAbility location change to Tallahassee
FREE for All Ages - All Abilities**

Tallahassee, FL, April 2018 – People with disabilities, their families, and friends will be delighted with the wide array of activities at the 28th annual SportsAbility. SportsAbility shows 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 regardless of ability or age in a variety of fun recreation activities April 12th -14th 2018.

This year, FDOA is partnering with Alfred B. Maclay Gardens for the final day of SportsAbility. The new location will enable easy access for people with and without disabilities to try a wide array of active leisure at no charge. “Experts in a wide variety of adaptive recreation pursuits will be in Tallahassee teaching people of all abilities how they can participate in physical activity. There will be everything from a rock wall brought in from Central Florida to SCUBA provided Handicap SCUBA Association certified instructor. Families and friends will learn how they can all benefit from active leisure and have fun together,” stated Florida Disabled Outdoors Association Executive Director Laurie LoRe-Gussak.

SportsAbility Events include:

- SportsAbility kicks off with the Seminole Showdown where FSU athletes play baseball against athletes of all abilities. FSU Cheerleaders will be face painting and the FSU Seminole Sound will provide entertainment at the Miracle Field in Messer Park on Thursday, April 12th from 6:00-8:00 pm.
- On Friday, April 13th at TCC’s Lifetime Sports Complex welcomes inclusive indoor activities for people of all abilities, such as para-badminton, martial arts, target sports, basketball and more. The Resource Expo from 10:00 am – 2:00 pm gives people the ability to ask questions, receive information, and learn about the latest in products and local services. Paralympian Swimmer from Belarus, Alexey Talai, will be the keynote speaker.
- Saturday, April 14th showcases activities at Alfred B. Maclay State Park include rock wall climbing, sit water-skiing, kayaking, sailing, archery, SCUBA, nature trail rides, pontoon boat rides and much more from 10:00 am – 3:00 pm. A free shuttle provided by Big Bend Transit from the CK Steele Plaza in Tallahassee departs at 9:00 am and 10:00 am and will return at 3:00 pm and 4:00 pm.

SportsAbility utilizes hands-on training to help people with disabilities to become more comfortable and confident in getting out and being active. The entire community is encouraged to come out and see what is possible and realize there are absolutely no boundaries too great to overcome. The program is completely free for participants!

SportsAbility is the premier program of 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: Florida Department of Health, Tallahassee Community College, Florida ARF, Visit Florida, Leon County Tourist Development Council, Community Human Service Partnership and many more. FDOA thanks its sponsors for their involvement and generosity.

To register or get more information on **SportsAbility 2018**, please contact FDOA at (850) 201-2944, info@fdoa.org or visit www.fdoa.org.

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