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FOR IMMEDIATE RELEASE:

**Florida Disabled Outdoors Partners with Goodwill to
Provide Fitness at Fred G. Shelfer Prosperity Center**

Tallahassee, FL, May 30, 2014 –

Florida Disabled Outdoors Association (FDOA) is proud to announce a partnership with Goodwill Industries of the Big Bend to provide fitness and wellness activities for people with a disability or other disadvantage. The Prosperity Center is an innovative approach by Goodwill Industries Big-Bend to take many of the services people in the community need and put them under one roof. The Prosperity Center includes three different programs -- wellness, music, and family and financial strengthening services.

The Community Fitness and Wellness Center at the Goodwill Prosperity Center in collaboration with the Florida Disabled Outdoors Association will provide individuals with disabilities or disadvantages the opportunity to be 'fit and well'. This fully equipped facility will service all of their fitness needs with over 20 pieces of fitness equipment, group classes, and health and wellness educational sessions. This program will be designed to be inclusive for individuals with disabilities or disadvantages to improve cardiovascular/aerobic fitness, muscular strengthening and flexibility. The benefits of physical activity and active leisure are physical, mental, emotional, social and vocational long term wellness. As with the general population, people with disabilities benefit from active leisure and wellness programs. The need is possibly even greater for people who live with a disability.

In addition to the wellness program, there will be a Goodwill band led by Dr. Julian White and a band rehearsal hall with practice rooms in the Center.

In order to help community members develop financially responsible habits, the Center will include family and financial strengthening services. The financial services will include such advice as learning how to responsibly spend money, how to avoid predatory financial practices and improve financial competencies. As part of the family strengthening services, Goodwill will offer a national mentoring program, *GoodGuides® Youth Mentoring Program*, which focuses on positive youth development.

Prosperity Center members will have the ability to achieve healthy lifestyles, an appreciation for musical art and financial independence. This pioneering Center is a model for communities looking to developing centers to strengthen their communities. The public is invited to come and see how they can get involved.

Florida Disabled Outdoors Association was founded in 1990. Its mission is to enrich lives through accessible inclusive recreation for all. FDOA works to overcome and prevent many of the disabilities and secondary health conditions that arise as a result of a sedentary life style including: diabetes, heart disease, respiratory conditions, and obesity.

For more information, please contact the FDOA at (850) 201-2944 or info@fdoa.org or visit www.fdoa.org.

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