



What is STEPtember?

Promoting a Life Without Limits, United Cerebral Palsy's STEPtember challenges participants to take **10,000 steps** or do any other kind of physical activity every day from September 1 through 28 to raise funds for those living with Cerebral Palsy and other disabilities. With your help, and the support of your friends, family, colleagues and community, STEPtember can help change the lives of people living with disabilities.

What is our purpose?

Every dollar raised during STEPtember allows United Cerebral Palsy to provide much-needed services and care for the many children and adults living with disabilities, as well as their families and caregivers. Through the sponsorship of those who participate, their friends, family and colleagues, we will successfully raise the vital funds needed to help pay for equipment, therapy and support for persons with disabilities.

Who can participate?

Any person wanting to make a positive impact on the lives of people with disabilities can be a part of the STEPtember movement. From those living with disabilities, to their families, caregivers or loved ones, and even those who just want to dedicate 28 days to giving back to their community, this challenge is open to anyone.

Who leads the efforts?

Founded in 1949, United Cerebral Palsy educates, advocates and provides support services to ensure a Life Without Limits for people with Cerebral Palsy or other disabilities. UCP's mission is to advance the independence, productivity and full citizenship of people living with a spectrum of disabilities.

How can you get involved?

Those looking to participate in STEPtember can do so by gathering a team of up to four people and registering online. Starting on September 1, team members can use our online tracker to record their daily steps and activities. The goal for each member of your team is to take the equivalent of 10,000 steps every day doing physical activities. Make every move count by asking friends, colleagues and family members to sponsor your efforts through online donations or by holding your own local fundraiser.

See how your steps can make a difference, learn more and join the movement at www.STEPtember.us