

NEWS RELEASE



FOR IMMEDIATE RELEASE
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Disabled Athlete Sports Association Receives \$25,000 Grant from Anthem Blue Cross and Blue Shield Foundation to Improve Health Among Youth, Wounded Warriors and Adults with Disabilities

Anthem Blue Cross and Blue Shield Foundation to be title sponsor of the 2017 St Charles Oktoberfest 5K, 10K, and one-mile Fun Run scheduled for Sept. 24

Disabled Athlete Sports Association (DASA) recently received a \$25,000 grant from the Anthem Blue Cross and Blue Shield Foundation to help improve the health of area youth and adults with disabilities, and Wounded Warriors. This particular grant is part of a larger \$220,000 gift awarded by the Anthem Blue Cross and Blue Shield Foundation to Disabled Sports USA to support chapter members such as DASA. The goal of the grant is to help participants achieve healthy life styles and sustain activity levels recommended by the Centers for Disease Control and Prevention.

As a result of the lack of adaptive equipment, specialized instruction and accessible facilities youth and adults with disabilities are much more likely to be physically inactive, resulting in a higher risk of health related diseases. To help address this problem, the grant will be used to purchase adaptive equipment such as racing chairs for running a road race or hand cycles for cycling. Funds will also be used for scholarships to our athletes who receive one-on-one strength and conditioning therapy.

“DASA is honored to be recognized by the Anthem Blue Cross and Blues Shield Foundation as a credible and deserving agency to support our united mission to help youth and adults with disabilities lead active healthy lives,” said Kelly Behlmann, Disabled Athlete Sports Association (DASA) executive director.

As a result of the grant, Anthem Blue Cross and Blue Shield Foundation will be the title sponsor of the upcoming St Charles Oktoberfest 5K, 10K, and one-mile Fun Run that benefits the DASA scheduled for 8 a.m. Sunday, Sept. 24 at St Charles Frontier Park. The course runs thru the streets of historic downtown St Charles and finishes up on the Katy Trail. In its third year, participation has increased annually and with support from the Anthem Blue Cross and Blue Shield Foundation, the event is poised to grow further—making it one of the most enjoyable runs in St. Charles.

About the Anthem Blue Cross and Blue Shield Foundation:

Through charitable grant making, the Anthem Blue Cross and Blue Shield Foundation LLC, an independent licensee of the Blue Cross and Blue Shield Association, promotes Anthem Blue Cross and Blue Shield's inherent commitment to enhance the health and well-being of individuals and families in communities that the company serves. *For more information about the Anthem Blue Cross and Blue Shield Foundation, please visit our Web site at <http://anthemcorporateresponsibility.com>.*

***Disabled Athlete Sports Association (DASA)**, a local nonprofit who provides recreational and competitive sport programs to children with physical or visual disabilities, boasts two other athletes that have been selected for this prestigious academy. For more information on DASA's athletes or programs, visit www.dasasports.org or contact the office at (636)477-0716.*

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