

Press Release

For Immediate Release

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Willis-Knighton Donates \$25,000 to Evergreen Presbyterian Ministries

Evergreen Presbyterian Ministries recently received a \$25,000 contribution from Willis-Knighton for its Northwest Louisiana and North Central Louisiana divisional offices and vocational programs which are located in Bossier City and Minden. The donation will be used to help Evergreen's individuals with disabilities improve their physical health and well being.

An analysis of the National Health Survey data found that people with disabilities are more likely to be obese than people without disabilities. Similarly, data from the Behavioral Risk Factor Surveillance System show strong correlations between an individual's disability status and obesity. Studies have also indicated that people with disabilities do not have sufficient opportunities for physical activities which results in them being more vulnerable to obesity and other serious health issues.

Within Evergreen's Louisiana divisions, 326 clients are overweight, 155 clients are considered obese, 65 suffer from diabetes, and 130 clients have high blood pressure. Recognizing a crucial need, Evergreen's goal was to seek funding which would help these individuals adopt a healthier lifestyle.

The donation from Willis-Knighton will allow Evergreen to provide clients in Louisiana with comprehensive exercise and nutrition programming. The exercise component of the program consists of cardiovascular, strength building, flexibility and endurance exercises that clients will participate in three times a week. The nutrition awareness portion consists of working with a licensed nutritionist to teach clients and staff how to prepare healthy yet simple meals. The program has been titled "Better Health...Better Lives".

Evergreen's mission is helping people with disabilities build better lives. For 50 years, Evergreen has successfully fulfilled its mission. Evergreen is a nonprofit, premier provider of services to 1,000 individuals in six states.

For more information please visit www.epmi.org