



Created with the help of grant funding from the Ralph C. Wilson, Jr. Legacy Funds at the Community Foundation for Greater Buffalo, the Center for Allied and Unified Sport and Exercise (CAUSE) at Daemen College provides opportunities for people with disabilities to develop physical fitness, demonstrate courage and experience the camaraderie and sportsmanship that comes with athletics participation. In addition, CAUSE provides a supported venue for caregivers to access athletic-based care, participate in health and wellness programs, or simply experience the joy of watching a loved one compete.

Starting this September, **Daemen College will be holding FREE Sport Activity Sessions on Sunday afternoons from 2 p.m. - 4 p.m. for individuals with disabilities. Sunday sports sessions are open to all ages.**

**Sunday sports sessions take place at Daemen's Academic and Wellness Center Gym. Address: 4433 Main Street, Amherst, NY 14226**

Under the supervision of Daemen Athletics Coaches and Faculty, Daemen Students and Student-Athletes will be paired with participants to engage in activities that promote sport, exercise, and socialization. During the sessions, caregivers can enjoy some time to themselves, free use of Daemen's Fitness Center or socialize with other caregivers.

**Please register by completing the [CAUSE Registration Form](#)**

Learn more about [CAUSE](#).

