

LAKESHORE FOUNDATION OPENS NEW FACILITY ADDITION

(Birmingham, AL) - Lakeshore Foundation is positioning itself for the future by extending its reach through technology to improve the health of people with physical disabilities. Today, the Birmingham non-profit officially opened a 17,000 square foot new addition to its main building. The new addition includes five telehealth suites for virtual programming, a kitchen for nutrition education, an innovation lab, exercise and mindfulness studios, and a multi-media room with technology to collaborate and deliver information in a more accessible, convenient way. "This new building will enable Lakeshore to expand our reach and serve more people," said Lakeshore President Jeff Underwood. "Technology is an important part of what we deliver in programs and a focus of the UAB-Lakeshore Research Collaborative. It's very exciting that through our new telehealth suites we will be delivering the Lakeshore message and experience to people right in their own homes, eliminating transportation barriers. Information about exercise, nutrition and mindfulness will be available and result in evidence-based programs for participants locally and globally," added Underwood.

The new building also offers more office space and meeting rooms for staff. "Lakeshore has experienced enormous growth over the last several years which included the creation of the UAB-Lakeshore Research Collaborative and the location of the National Center on Health, Physical Activity and Disability (NCHPAD) on our campus. The additional workspaces will enable research, NCHPAD and Lakeshore staff to better work together and collaborate," said Underwood. Research collaborative director Dr. James Rimmer says, "We've got the perfect opportunity to develop very high-level research and grow the core of research that we do. The Birmingham community and the world now has a great asset, an ideal place for anyone with a physical disability to improve their health and their lives."

Lakeshore's new building is part of an ambitious Campus Enhancement Plan. A capital campaign was launched last January to fund the new addition, as well as outdoor spaces which will give the 45-acre site a true campus feel and use the entire campus to deliver our mission. Those spaces include a commons area that creates campus connectivity, a contemplative garden to rejuvenate and reflect, as well as a tree-lined walking trail. The new building and outdoor features will be a motivator for people to exercise. The need for Lakeshore to offer more services is now greater than ever before because 1 in 5 Americans have a disability and face multiple barriers to a healthy lifestyle. People with a disability are three times more likely to have heart disease, stroke, diabetes or cancer. Physical activity has a positive impact on these and other health conditions.

The future of Lakeshore is here. We are moving, innovating and advancing, together. **Learn more about this exciting campus transformation and how you can support us at lakeshore.org/together.**

FOR INTERVIEWS AND ADDITIONAL INFORMATION, CONTACT:

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