

Spinal Cord Injury Walk

2009



**At the Old Fairgrounds Park
Butterfield Pavilion
704 McCord Rd
Valparaiso, Indiana
October 10, 2009, Noon - 4pm**

For more information or to register email
nwscig@gmail.com or phone 219-531-0055

Schedule of Events

Noon- turn in pledge envelopes/hand out shirts

1pm- 5k/3.1 mile fitness walk (that's only 4 times around the track)

2pm- Information, food, music, raffles and a silent auction in Butterfield Pavilion

*Proceeds are to benefit Unite 2 Fight Paralysis, paralysis research, and the Northwest Indiana Spinal Cord Injury Group.

Checks can be written to: Unite 2 Fight Paralysis (a national 501c3 organization)
Tax ID 20-3528000



Our mission is to improve the quality of life for those with spinal cord injuries living in Northwest Indiana, through education, advocacy, peer support, and recreational outings.

A few spinal cord injury facts...

- **Every 41 minutes, another American sustains a spinal cord injury resulting in paralysis.** This translates to an estimated 11,000 new injuries annually.
- The average age at injury is 38, with 56% of all injuries occurring between the ages of 16 and 35. **Young adults reaching the peak of their earnings potential.**
- In addition to paralysis, secondary conditions resulting from a spinal cord injury include compromised respiratory, bowel, bladder and sexual function as well as chronic urinary tract infections and pressure sores.
- The estimated annual direct costs of care for Americans living with paralysis due to spinal cord injury are \$15 billion. **One of the costliest conditions in our country.**
- **Spinal cord injury knows no boundaries.** In a split second it could happen to you, a family member, friend, or neighbor.

Sources:

- (1) Spinal Cord Injury Information Center, www.spinalcord.uab.edu
- (2) Care Cure; www.sciwire.com