SPINAL CORD INJURY WALK 2010

A WALK FOR THOSE WHO CAN'T

Sunday, September 26, 2010 • 1pm

Butterfield Pavilion
The Old Fairgrounds Park
704 McCord Rd., Valparaiso

For more information or to register, visit www.sciwalk.info . . .or Call 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: NWISCIG
Awaiting non-profit status approval
Tax ID 27-1583899

NWI Spinal Cord Injury Group
nwiscig.blogspot.com

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