

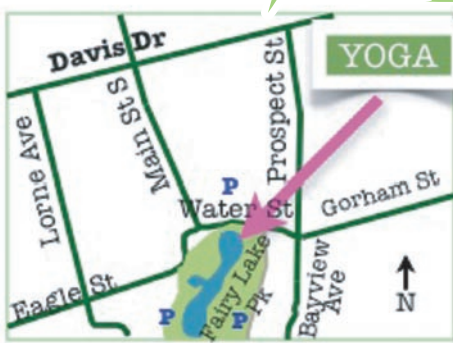
Yoga in the Park



In support of



WALK IT OFF
SPINAL CORD RECOVERY
AND WELLNESS CENTRE



August 22, 2010

Fairy Lake, Newmarket

Come join the masses doing
Yoga under the morning sun.
Start your Karma for the day by

giving to yourself...and to a worthy cause!

ALL WELCOME FROM BEGINNERS TO YOGIS!

CLASS TIMES:

Adult - 8:15 am (registration)
8:30-9:45 am (class)
Child/Family - 9:45 am (registration)
10:00-10:45 am (class)

MINIMUM DONATION:

Adult - \$20
Child - \$5
Family - \$30
Cash or cheque please.

- pre-register on the Facebook group "Walk It Off Spinal Cord Wellness Centre" or by emailing info@walkitoffrecovery.org
- Bring your own Yoga mats or one can be provided for you.
- Assistance available to persons with disabilities who wish to participate in the class. Email us with your needs or concerns.

All proceeds go to the efforts of making WALK IT OFF Spinal Cord Recovery and Wellness Centre become a reality. With your help, we hope to raise \$5000!



WALK IT OFF

SPINAL CORD RECOVERY AND WELLNESS CENTRE

What are we all about?

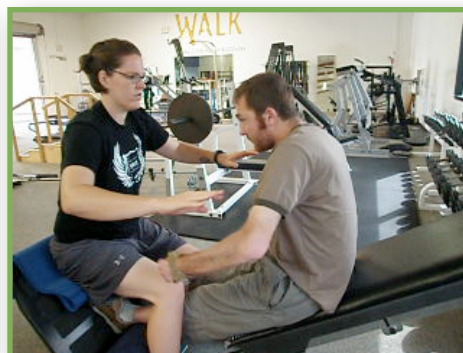
WALK IT OFF Spinal Cord Wellness Centre Inc is a Not-For-Profit (1824710) business that provides exercise-based recovery, education and support to those living with a spinal cord injury (SCI) and neurological dysfunction. We aim to improve quality of life and increase independence by maximizing recovery.

Our qualified staff will be sent to California where they will train at Project Walk in the Dardzinski Method of SCI Recovery. This method is a UNIQUE way of rehabilitating SCI's. It views the importance of the entire body rather than focusing on only the parts of the body that are thought to be able to recover. The Dardzinski Method not only conditions the non-paralyzed areas of the body but concentrates on stimulating the paralyzed areas through repetitive, load bearing exercise. Under Project Walk, we will be the 11th provider centre across the globe to share the benefits of over 10 years of experience and success!

For more information on Project Walk go to www.projectwalk.org

Services Provided

- WALK IT OFF will provide one-on-one personal recovery training using the Dardzinski method. This is based on one to three hour sessions using equipment specialized for a client's specific physical needs.
- We are starting a grant program to make our recovery program available to as many clients as possible.



We need your Help!

WALK IT OFF Spinal Cord Wellness Centre Inc. is just starting out. To be successful, we need donations and sponsors to help support us as we get off the ground. We're also looking for continuing support to make the costs of recovery reasonable to spinal cord injured clients. We would also appreciate if you could share your specific abilities. If you or anyone you know would like to donate their time and/or skills we are looking for:

- Fundraising Volunteers
- Fundraising Experts
- Web Designer
- Media and Communications
- Accountant
- Corporate Lawyer
- Public Relations

Our Story

On February 7, 2009, Toronto EMS Paramedic Kevin Mills sustained a severe spinal cord injury while on vacation in Cuba with his wife and young son. Kevin was diagnosed a quadriplegic and was given no hope of recovery. However, if you know Kevin, you'll know he is a very determined person, and that was something he refused to accept. Three trips were made to the States to join the recovery program offering the Dardzinski Method; Kevin has not only become stronger but is slowly showing signs of recovery! Kevin and his wife Heather realized that bringing a Provider Centre to Newmarket, Ontario, offering this unique recovery program will not only help Kevin's journey to recovery, but our community and the approximately 10 000 Canadians living with Spinal Cord Injuries.