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Pushing Boundaries Receives Quality of Life Grant From Christopher & Dana Reeve Foundation

Redmond, WA – (July 29, 2009) – Pushing Boundaries is proud to announce that it has received a \$6,250 Quality of Life grant from the Christopher and Dana Reeve Foundation. The award was one of 86 grants totaling almost \$500,000 awarded by the Reeve Foundation to nonprofit organizations nationwide that help people living with paralysis and their families become more integrated members of society. Since inception of the program in 1999, nearly 1,600 grants have been awarded, totaling almost \$13 million.

Pushing Boundaries is the only facility in the state of Washington that provides intensive exercise therapy to strengthen and support people living with paralysis and their families to maximize health and improve quality of life. The organization will use the grant to subsidize exercise therapy expenses for its clients. It costs more than \$25,000 per year for a person with paralysis to receive ongoing, intensive, one-on-one training at Pushing Boundaries and it is not covered by insurance.

"Exercise therapy is incredibly important for people with paralysis," said Tricia Lazzar, Executive Director of Pushing Boundaries. "This grant will provide many hours of training to people in our community living with paralysis. We are honored to be a Quality of Life grant recipient and are so thankful for the Christopher and Dana Reeve Foundation."

"The Quality of Life program recognizes and supports organizations that assist individuals living with paralysis, their families and caregivers in ways that more immediately provide them with increased independence, well being, and improved access," said Peter T. Wilderotter, president and CEO of the Christopher and Dana Reeve Foundation. "Throughout the past ten years, we have had the privilege of being able to impact the lives of thousands of people living with paralysis through these deserving organizations. As Dana Reeve used to say, 'our Quality of Life program is about freedom' and we are pleased to do our small part to assist Pushing Boundaries in its mission."

The Reeve Foundation's Quality of Life grants are awarded twice a year and are divided into three categories, Actively Achieving, Bridging Barriers and Caring and Coping. Some grants are also funded through a cooperative agreement with the Centers for Disease Control and Prevention (Cooperative Agreement number 1U59DD000338).

The Christopher Reeve Foundation is dedicated to curing spinal cord injury by funding innovative research and improving the quality of life for people living with paralysis through grants, information and advocacy. For more information, and to review the entire list of Quality of Life recipient, please visit our website at www.ChristopherReeve.org or call 800-225-0292

Pushing Boundaries provides intensive exercise therapy that strengthens and supports people living with paralysis and their families to maximize health and improve quality of life. Please visit www.pushing-boundaries.org or call 425-869-9506 for more information.

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