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FOR IMMEDIATE RELEASE

Pushing Boundaries Receives Grant from the Elizabeth A. Lynn Foundation

[Pushing Boundaries](#), the Puget Sound's exercise-based paralysis recovery center, is pleased to announce it has received a \$15,000 grant from the Elizabeth A. Lynn Foundation. Pushing Boundaries will use the grant for general operating support.

Every year, Pushing Boundaries provides approximately 6000 hours of intensive one-on-one therapy to clients from all over the Greater Northwest, allowing people to take control of their recovery journey. Clients include those who have been affected by spinal cord injuries, stroke, traumatic brain injuries, MS and other neurological disorders.

"Funding from the Elizabeth A. Lynn Foundation will benefit all of the programs that Pushing Boundaries provides," said Executive Director Tricia Lazzar. Those programs include client therapy services, a support center, and outreach and education. "Our programs provide a network of community support, not only for the client but for their families, caregivers and their communities," Lazzar added.

For more information about the Elizabeth A. Lynn Foundation, please visit <http://elizabethalynnfoundation.org/index.html>

About Pushing Boundaries:

Founded in 2005, Pushing Boundaries provides intensive exercise based recovery therapy for people paralyzed due to illness or injury. Our mission is to provide intensive exercise therapy that strengthens and supports people living with paralysis, and their families, to maximize health and improve quality of life. To learn more about Pushing Boundaries, please visit <http://pushing-boundaries.org>