

Upcoming Events

8th Annual Casino Night

Sat., April 8th, 2017
Route 23 Auto Mall
Butler, NJ

Team Push to Walk at the NJ Marathon

Sun., April 30th, 2017
Long Branch, NJ

10th Annual Golf Outing

Mon., Sept. 18th, 2017
Parsippany, NJ

For more information
e-mail Stephanie
slajam@pushtowalknj.org
or call 201-644-7567

10th Anniversary

On January 15th, 2017, Push to Walk proudly celebrated ten years of service. In the past ten years the organization has received over 350 inquiries for service, counseled approximately 275 individuals and families, and provided services to more than 150 clients.

Push to Walk encourages all who are interested to attend a tour of our new Oakland gym-- a chance to observe client workouts and see Push to Walk's Exercise Program in action during our Tenth Anniversary Year!

Upcoming Open House Dates:

March 23-Thursday
April 25-Tuesday
May 23-Tuesday
June 22-Thursday

Contact Candice, Dave, Kate or Steph to schedule a time for a personal tour, or just drop in to visit between 11am-1pm.

Monthly Client Activities



Push to Walk is offering various monthly activities to its clients throughout the year to encourage them to try new things. One activity will be scheduled per month and all clients are welcome to join. Some activities will be physical, while others may be strictly social.

Upcoming Activities:

March 22-Self Defense Class from 6-7pm
April 19-Adaptive Yoga from 6-7pm

If you are interested in participating in any of our activities or would like more information, please email slajam@pushtowalknj.org.

Investors Foundation Grant Check Presentation



Investors Foundation recently awarded a grant to support the *Client Scholarship Fund*, which provides financial assistance to clients – so that every person living with paralysis who wants to work out here is able to do so. On February 2, Razie Dauti, Vice President Market Manager, and Tatjana Alvarez, Personal Banker, of the Cedar Grove branch visited Push to Walk to present the contribution check and tour our new Oakland gym. This is Investor Foundation's second grant to Push to Walk since our founding in 2007.

Client Spotlight: Laura

Since starting at Push to Walk in September 2016, Laura has progressed from a two-person lift to using the transfer disc (which requires only a trainer and the client) for all transfers. Her endurance has built up, allowing her to go from 4-5 minute rounds on the treadmill to 10-15 minute rounds. Laura can now hold herself in a seated position due to her increased core strength, and is always eager to try different exercises and walking modalities. Laura has proven to be a driven and dedicated client by picking up additional workouts to further her progression. She also makes sure to ride the RT300 after each session to receive all the benefits from functional electrical stimulation. Her positive attitude is a source of motivation not only for other clients, but for trainers as well. We are confident that Laura will continue with her hard work inside and outside of Push to Walk and will continue to progress quickly. Great job Laura!

Grants & Donations Recently Received

Push to Walk thanks these generous foundations for their support of our Client Scholarship Fund!

The Vincent J. & Barbara Smith Giffuni Foundation
The Valley Hospital Foundation
Investors Foundation

And many thanks for a general operating grant from the Eugene C. Meyers Private Foundation.