

Community Newsletter

Upcoming Events

2018 Open House Dates

Tues., December 18th

Call 201-644-7567 to schedule a time for a personal tour, or just drop in to visit between 11am-1pm.

10th Annual Casino Night

Sat., April 6th, 2019
Route 23 Auto Mall
Butler, NJ

Team Push to Walk at the NJ Marathon

Sun., April 28th, 2019
Long Branch, NJ

12th Annual Golf Outing

Mon., Sept. 16th, 2019
Parsippany, NJ

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

Year End Giving



Push to Walk clients work hard year round to maintain their physical health and wellness through our individualized intensive exercise program. Please consider making a gift to continue providing these services not found anywhere else in the northern New Jersey area.

Your donation will directly provide services to our clients. You can be sure that your gift is helping many people continue their journey at Push to Walk after a life changing injury or illness.

Please visit

<https://app.etapestry.com/cart/PushtoWalk/default/index.php> to make your donation today.

Remember, *A Little Push Goes A Long Way!*

Coming Soon to PTW: Yoga



Push to Walk will introduce a 5-week adaptive yoga workshop in 2019. In the past, the organization has found ways to encourage clients to try new activities including yoga and has been looking for a way to increase activity outside of traditional workouts. The workshop will run on Sundays with training staff member, Karla Ruaya. To be informed on dates and pricing for the 5-week workshop, please email Kate Wolfe at kwolfe@pushtowalknj.org.

Client Spotlight: Gino



Gino started at Push to Walk in 2015 and has been progressing very well. He comes in and works to the best of his abilities every session. Gino has accomplished a long-seated balance on the Tilt table without any manual assistance and can hold this upright position for longer than 1 minute which shows a big improvement in his core strength. Gino can also initiate back extension exercises from the same position without manual assistance. Congratulations Gino and keep up the hard work!

Calling All Runners



Team Push to Walk will be heading down to Long Branch on Sunday, April 28th, 2019 for the NJ Marathon once again this coming year. Looking to fill your 2019 race calendar? Be part of the team and help raise funds and create awareness for Push to Walk!

If you are interested in participating in the Full Marathon, Full Marathon Relay, or Half Marathon as part of Team Push to Walk, please email slajam@pushtowalknj.org for more information.

Grants & Donations Recently Received

Push to Walk was granted \$3,000 from The Golden Fleece Foundation and \$500 from State Farm Foundation to benefit the program and are grateful for the generous support.