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BACKBONES RECEIVES QUALITY OF LIFE GRANT FROM THE CHRISTOPHER & DANA REEVE FOUNDATION

(March 1, 2022) BACKBONES, a nonprofit organization located in Chicago, IL is excited to announce that it received \$25,000 as part of the Christopher & Dana Reeve Foundation National Paralysis Resource Center (NPRC) 2021 2nd Cycle Direct Effect Quality of Life grants. This grant aims to support nonprofit organizations that empower individuals living with paralysis.

BACKBONES will be using the grant to expand its Women & SCI/D Health Program, which provides women with spinal cord injury and disease opportunities to interact with other women, learn from leaders in the disability community, and have conversations about topics such as Body Image, Reproductive Health, Access to Healthcare, Self-Care, Independence, and more. The program will directly use the grant to continue its existing monthly Health Talks (webinars), Small Group Discussions, fund quarterly social outings, and Fitness Empowerment classes within the Chicago area.

Reveca Torres, Founder & Executive Director of BACKBONES stated that “This grant will enable BACKBONES to provide much needed resources and a sense of community for women with SCI/D nationwide. This program is community-led and will address the needs expressed by women impacted. It is an honor to receive this support from the Reeve Foundation.”

“This cycle of Direct Effect grant projects offers a robust and impactful addition to our Quality of Life grants program,” said Mark Bogosian, Director, Quality of Life Grants Program, Reeve Foundation. “Grant funds are supporting wide-ranging projects including accessible community areas, adaptive sports and fitness & wellness, consumer education, peer mentoring & support, and transportation. These projects represent the true essence of our Quality of Life grants program by fostering inclusion, involvement and community engagement, and promoting health and wellness for those affected by paralysis.”

The Reeve Foundation National Paralysis Resource Center has several grants under the Quality of Life program awarding grants in different category areas, varying in different amounts.

The Direct Effect Quality of Life grants program funds organizations up to \$25,000 to support a wide range of projects and activities that will impact individuals living with paralysis and their families.

About the Reeve Foundation:

The [Christopher & Dana Reeve Foundation](http://www.christopheranddana.org) is dedicated to curing spinal cord injury by funding innovative research and improving the quality of life for individuals and families impacted by paralysis. By uniting the brightest minds in the field, we are working tirelessly to accelerate scientific discovery across the field

of spinal cord research by investing in labs across the globe. Additionally, through a cooperative agreement with the Administration for Community Living, the Reeve Foundation's National [Paralysis Resource Center](#) (NPRC) promotes the health, well-being, and independence of people living with paralysis, providing comprehensive information, resources, and referral services assisting over 100,000 individuals and families since its launch in 2002. The Reeve Foundation is committed to elevating our community's voices and needs to achieve greater representation and independence. We meet all 20 of the Better Business Bureau's standards for charity accountability and hold the BBB's Charity Seal. For more information, please visit our website at www.ChristopherReeve.org or call 800-225-0292. And for more information or questions, please contact Rita Gentles at (973) 379-2690 ext. 7123 or email at media@ChristopherReeve.org

BACKBONES exists to help people with spinal cord injury or disease SCI/D and their families connect with their communities. We do that by creating events and experiences that promote awareness and engage people of all abilities.

For more information go to <http://backbonesonline.com/> or call at (224) 424-3475