



Hello Everyone,

I would like to formally invite you to the first annual golf simulator outing “Golf to Walk” to support a nonprofit fitness center for individuals living with paralysis and similar neurological disorders on December 5th 2024, at 24 Lois Street, Norwalk, CT 06851. Participate in the event, look at the new equipment that has been added, and meet our latest member.

Almost 8 years ago, I had a devastating snowboarding accident that left me paralyzed from the waist down. Once out of the hospital, I noticed there were no fitness centers that offered equipment for the paralysis community. RetrainToWalk provides staff and equipment that is dedicated to individuals with paralysis or similar neurological disorders that can keep them healthy as the scientific and medical community hopefully develop a cure.

The past 4 years generous donors have given us the ability to add equipment and retain part-time trainers and aids to support my mission of extending resources to those who cannot afford it. Please visit our website at <https://www.RetrainToWalk.com> for additional information about our organization.

If you have any additional questions about the golf outing or would like to indicate your sponsorship or registration details, please email us at David_Lopiano@ReTrainToWalk.com For those of you who cannot attend the golf event, but would like to donate to our organization, please send your tax deductible donation to: RetrainToWalk, 24 Lois Street, Norwalk, CT 06851.

Thank you,
David Lopiano
Executive Director

Mission Statement

The mission of RetrainToWalk is to provide individualized workouts and resources to people with spinal cord injuries and other forms of paralysis to optimize the current quality of life and to prepare for future medical advancements.

It is important that individuals in wheelchairs stand or put weight on their legs or they risk losing bone density. The average gym doesn't have equipment that can get individuals with paralysis on their feet or allow them to use weights while being in a wheelchair.

RetrainToWalk is committed to providing a quality workout for each of our clients. Our trainers give one-on-one, undivided attention throughout every session. We are committed to helping our clients grow in strength and capability by keeping workouts “new,” challenging, and consistent with their individual goals.