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## **JULY 21: GOLF TOURNAMENT TO HELP WOMAN WITH PARALYSIS**

### **Lauren Shevchek Celebrates “12 Years with a Second Chance at Life”**

**IVYLAND, Pa.**—On Monday, July 21, golf for a cause at the 11<sup>th</sup> Annual Golf Fundraiser Tournament at Spring Mill County Club in Ivyland. Funds raised will benefit the nonprofit Help Hope Live in honor of Lauren Shevchek, who has been living with paralysis since a diving accident when she was 19.

#### **Golf Tournament Details**

**When:** Monday, July 21

- 8 a.m. Bag Drop & Registration with grab-n-go breakfast, coffee, and beer
- 9 a.m. Scramble Start – compete for cash & prizes throughout the day!
- 2:15 p.m. Luncheon – 2-hour free deluxe bar and BBQ buffet at 19<sup>th</sup> Hole.

**Where:** Spring Mill County Club at 80 Jacksonville Road, Ivyland, PA 18974

**What:** 11<sup>th</sup> annual golf tournament fundraiser plus silent auction and luncheon

**Cause:** Funds raised help offset life-changing medical expenses and related costs through the nonprofit Help Hope Live in honor of Lauren Shevchek. Story below.

**Cost:** \$165 per golfer or \$660 for foursome. Luncheon only for \$60. Sponsorships start at just \$200!

**Register:** <https://events.helphopelive.org/event/6558/signup/>

**Flyer:** [attached]

**Can't Make It? Donate:** <https://helphopelive.org/campaign/3452/>

#### **Lauren's Story**

“12 years with a second chance at life in a body that I never dreamed of”—that’s how Lauren Shevchek describes her life with paralysis.

In June 2013, when Lauren was 19, she dove into a dark pool and sustained a life-altering spinal cord injury. A competitive swimmer and lifeguard, Lauren’s experience in the water did not protect her from the dangers of an unsafe dive. Such dives account for more than 2/3 of all sports-related spinal cord injuries.

Following intensive inpatient rehabilitation, Lauren emerged to face a “new normal” that required 24/7 caregiving, ongoing health challenges, and immense paralysis-related expenses that insurance wouldn’t fully cover.

That’s why Lauren and her mother, Janice, turned to the trusted nonprofit Help Hope Live. Donations are collected at: <https://helphopelive.org/campaign/3452/>

More than a decade after injury, they are still forced to fundraise: annually, Lauren faces [over \\$100,000 in out-of-pocket expenses](#) just to stay safe and healthy.

Despite all the challenges of life with paralysis, for the past 12 years, Lauren has been proving that a spinal cord injury is not a life sentence.

“Life is about the journey,” Lauren explained in a [powerful video recognizing her injury anniversary in June](#). “This injury requires adaptability, vulnerability, and immense grace. I have found strength I never thought possible and a community of unwavering support for my most difficult moments.”

Embracing her community, her faith, her voice, and her talents, Lauren’s life with paralysis has included countless significant milestones, from sharing her cause at Phillies games to vocal performances to acting in feature films.

In addition to her tireless advocacy work around preventing diving injuries, Lauren volunteers her time as an Ambassador for Help Hope Live to help other families impacted by paralysis secure the trusted medical fundraising help they need.

“She is the ability in the word disability,” explained Janice. “She is optimistic, hopeful, and relentless.”

Donors and volunteers are “Lauren’s angels”—the driving force behind ensuring her future will be brighter than ever through online donations and annual fundraisers, particularly the annual golf tournament for Help Hope Live in her honor.



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Donations to Help Hope Live are tax deductible to the extent allowed by law, and all funds raised will be administered by the nonprofit to cover verified medical and related expenses. Help Hope Live verifies medical and financial need for every patient.

Help Hope Live is a national nonprofit that specializes in engaging communities in secure, tax-deductible fundraising campaigns for people who need a transplant or are affected by a catastrophic injury or illness. Since 1983, campaigns organized by Help Hope Live have raised over \$188 million to pay patient expenses. ###