

# More Than Walking

We all can remember how hard the first days, months, and years after our spinal cord injuries were - maybe the struggle never ends - but what we HAVE learned can transform someone else's life.



[CLICK HERE TO WATCH 3-MIN INTRODUCTION VIDEO → https://youtu.be/CJAPC0yMT4c](https://youtu.be/CJAPC0yMT4c)

More Than Walking is a Connecticut non-profit promoting independent living after spinal cord injury by sharing the experiences of local peer mentors to patients nearby and around the world. We record 30-minute video call interviews and collect demonstration footage which we then edit and publish online.

To contribute your story to our YouTube channel and share how you live independently, contact:

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**More Than Walking Incorporated**  
Sharing the Path to Independence after Spinal Cord Injury  
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