



## Share Your SCI Story & Independent Living Skills On Film To Help Others

If you are learning or have learned to live with a spinal cord injury, More Than Walking can help you share your experience through film and reach thousands of viewers online who can benefit. More Than Walking is a 501c3 non-profit organization in Connecticut with a mission to promote independent living after spinal cord injury worldwide by sharing the experiences of active peer-mentors and expert rehabilitation professionals.

See the global impact of your story and example online, engage in virtual peer mentoring, and participate in virtual community activities alongside our 70+ volunteers from around the country and the world!

### **Volunteering with More Than Walking is easy and flexible.**

1. After you register online, we schedule a recorded 1-hour video call to produce a short introduction that highlights your unique story and perspective.
2. We then provide guidance for filming independent living demonstration videos on your smartphone, which you submit online to be edited and published on our YouTube and social media channels.
3. Viewers looking for peer support contact us through our published videos. After verifying each help request, we connect them to similarly injured volunteers like you over social media, email, or phone, according to your preferences.

### **More Than Walking is here to be your community of support too.**

As you pursue your own goals, stay connected and get to know other volunteers through our community groups on Facebook, e-mail, Zoom, or phone. While we do not train or certify peer mentors, we highlight such opportunities from other organizations. Volunteers with peer mentor certification from the Reeve Foundation, United Spinal, or other programs are eligible for additional roles in the More Than Walking community, such as leading support groups.

**Go to [www.morethanwalking.com/connect](http://www.morethanwalking.com/connect) to sign up!**

Questions? Contact us at [mentors@morethanwalking.com](mailto:mentors@morethanwalking.com)  
See our latest videos at [www.youtube.com/c/morethanwalking](http://www.youtube.com/c/morethanwalking)  
and follow us on [Facebook](#), [Twitter](#), [Instagram](#), and [LinkedIn](#).

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