

How My  
Helped Me  
A New

# Health Club Discover Jogging Buddy

“In May of 1996, four days after my nineteenth birthday, I awoke in the hospital to find myself with fractures of my jaw, neck, and knee. I had been in a serious wave runner accident. After numerous surgeries, and months of intensive care and physical therapy, I returned to a fairly normal life. However, I struggled to lift a gallon of milk and was terrified from car rides. After physical therapy, I joined the Women’s Center, then took those exercises learned to Massachusetts, where I attended college. From the help of the Women’s Center, I was able to become more confident and grow stronger. A year and a half ago I was finally able to go skiing, something I really missed. This passed spring I realized that I could even take my puppy Labrador jogging”.

*T.Mai Carroll- Lab Lover  
Loyal Member Since 1990*

  
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