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SEPTEMBER 24 "GOLDEN 5K" WILL HELP LOCAL FATHER WITH PARALYSIS

Participate Virtually or In-Person to Help Fund a Critical Medical Need

RALEIGH, N.C.—On Saturday, September 24, walk, run, or roll for a good cause virtually or in-person at the Golden 5K fundraiser to benefit the nonprofit Help Hope Live in honor of Stephany Golden, a 57-year-old Raleigh husband and father living with paralysis. The event will raise funds and hope as Stephany and his family strive to bring a key piece of medical equipment within reach for a brighter and more comfortable future.

Event Details:

- Saturday, September 24 with 8 a.m. optional in-person meetup at Anderson Point Park: 20 Anderson Point Drive, Raleigh, NC 27610
- Participate online or in-person
- Walk, roll, or run at any time during the day (participate your way)
- Register: \$30 donation per person
- Contact: Katrina Golden (wife) at 919-244-1695 or helpsgolden@gmail.com
- Flyer: <https://s3.amazonaws.com/helphopelive/media/event-pictures/12364/walk%20a%20thon%20final%20appd%20flyer%20js.jpg>
- Donations: Can't participate but want to help? Make a tax-deductible donation at any time at: <https://helphopelive.org/campaign/12364/>

About Stephany Golden:

In 2015, Stephany's life changed forever when an ATV accident left him with a spinal cord injury. He and his wife, Katrina, had to discover a "new normal" and navigate the challenges of loss of work, chronic pain, limited mobility and independence, and constant caregiving.

Today, Stephany and Katrina face their ongoing challenges with resilience and faith. However, chronic pain has been a constant source of stress in their lives. Stephany struggles to sit or sleep comfortably. That's why they are currently fundraising for a key piece of medical equipment their insurance won't cover: a power lift chair that will greatly improve Stephany's ability to sleep comfortably and better manage nerve pain.



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Longer-term, Stephany and Katrina hope to raise funds for consistent physical therapy, an accessible van with adaptive hand controls so he can drive again, and assistive technology so Stephany can use a computer and other devices for work or play without assistance.

Many of these expenses are life-changing but not fully covered by insurance. That's why Stephany and Katrina have been fundraising with the trusted national nonprofit Help Hope Live since 2017. Donations can be made anytime at: www.goldensmiracles.com

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

"An accident like Stephany's changes a family's entire life," explained Katrina. "Fundraising with Help Hope Live plays a vital role in us getting the things that insurance does not pay for."

To extend the gift of community support to even more families like hers, Katrina became a Help Hope Live Ambassador. She helps other families living with paralysis to get their own fundraising campaigns off the ground with the nonprofit.

"Being a wife and caregiver has changed my life," said Katrina. "I keep the faith, no matter what: I expect our life to be a testimony on what God can do."

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 \$165 million to pay patient expenses.

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