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6TH ANNUAL GOLF TOURNAMENT TO HELP LOCAL WOMAN WITH SPINAL INJURY Enjoy a day of golf and a free buffet and bar on July 22 in a beautiful setting

IVYLAND, Pa.—This Sunday, July 22, golf for a cause at the 6th Annual Golf Tournament Fundraiser at Spring Mill County Club (80 Jacksonville Road, Ivyland) to benefit the national nonprofit Help Hope Live in honor of Lauren Shevchek, a Southampton 25-year-old who has been living with a paralyzing spinal cord injury since 2013. Enjoy a full day off play, roving hospitality carts, a keg, and cash and prize competitions. The day ends with a free 2-hour deluxe bar and buffet.

On June 10, 2013, Lauren Shevchek was 19 years old and had spent years as a competitive youth swimmer, lifeguard, and water polo player when the unthinkable happened. Lauren dove into a dark pool and sustained a spinal cord injury that would forever change her life. The injury left her with a [loss of all motion and sensation](#) from the chest down. The teenager found herself with a life very different from the one she envisioned, including months of inpatient rehabilitation and the need for a 24/7 caregiver. "We learned to celebrate any sensation," explained Lauren's mom, Janice. "Even pain was a sign things were reconnecting."

Now 25, Lauren is not just living but thriving, devoting herself to physical therapy while spending every available moment helping kids across the country avoid dangerous dives. These dives account for more than two-thirds of all sports-related spinal cord injuries and are 100% preventable. She addresses adults and children of all ages in all forms, from poolside presentations to [YouTube PSAs](#), to explain the extreme importance of following her motto: "If you can't see through it...don't dive into it."

Proceeds from the 6th Annual Golf Tournament will help to offset Lauren's exorbitant injury-related medical costs, which regularly top \$113,400 per year.

Register for the Golf Tournament at <https://events.helphopelive.org/event/4933/signup/>
Individual golfers are \$159. Foursome \$636. Dinner only \$55. Sponsorships available!

Can't make it this year? Make a donation in honor of Lauren at any time at helphopelive.org or by calling 800.642.8399. Donations are tax deductible to the extent allowed by law, and all funds raised will be used to offset medical expenses via Help Hope Live's Mid-Atlantic Catastrophic Injury Fund.

Help Hope Live is a national nonprofit that specializes in engaging communities in 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 \$135 million to pay patient expenses.

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