

## About Tim

In July 2007, Tim was in a devastating car accident and suffered a spinal cord injury. He spent a month in ICU at Mass. General, and three months in rehab, coming to grips with his injury and facing the challenges ahead. A physical education teacher and a personal trainer, Tim is determined to topple those challenges, and just three years later, is well on his way.

Since the accident, every day for Tim is about getting back on his feet. Three times a week, Tim works with Erin Crossman, an amazing personal trainer who in a few short months has done wonders for his core and hip strength. Twice a week, he travels to Journey Forward, a progressive therapy program that aims to improve the lives of people with spinal cord injuries, with the goal of helping them walk again. Rehab for Tim, which also includes a tremendous chiropractor (Dr. Dan Parent) and reflexologist (Gretchen Baker), has proven costly. But this has demonstrated to be the team he needs to walk again.

Annually, Tim also travels to Miami for two weeks to receive biofeedback therapy. There Tim learns how to more efficiently strengthen the signals getting through his damaged spinal cord (which as we learned last year, are all the way down to his toes). With time and continued hard work, he will see even more improvement. Tim recently learned through scans at Dr. Parent's office, that he has regained the ability to create a nervous system that 'fires' normally. This is further proof, as Tim has always believed, his goals are attainable, and walking again can be possible!

For that, he needs your help.



Tim takes nothing for granted and thanks everyone for their continued love and support. He plans to use his experiences to help others in the same situation, instilling in them the hope they may have lost and the perseverance they will need.

## Second Annual Golf Tournament to benefit the

# Tim Morris Rehabilitation Fund



July 29, 2010

Plausawa Valley Country Club  
42 Whittemore Road, Pembroke, NH 03275  
(for directions visit: [plausawavalleycc.com](http://plausawavalleycc.com))

### Entrance Fee

For golfers  
**\$125 per person,**  
Includes 18 holes, cart rental,  
green fees, and lunch,  
plus complimentary water and soft drinks

**Shotgun start at 9 a.m.**  
(Golfers should arrive at the course by 8:30 a.m.,  
or earlier, if you want to hit balls at the driving range)

Don't golf?  
**Come just for lunch at 1 p.m.  
and some good company!**  
**\$30 per person,**  
Includes  
Chicken, spare ribs,  
salad, and more

## Registration deadline

**Please register by July 15**  
(may fill up, so register early!)

## Contests/raffles

50/50 raffle  
2 closest to the pin  
Longest drive  
Winning foursome  
Silent auction

## Prizes

Restaurant gift certificates,  
pro shop credits, drivers/putters,  
lottery baskets, gift bags, and more

## Register

Complete the player's information  
below and return this portion  
of the form with payment to:

Bob Morris  
Tim Morris  
2 Kara's Crossing  
Hudson, NH  
03051

Make checks payable to:

Timothy Morris Medical Fund  
Tax ID: 26-4097837  
"The Rehabilitation Fund"

To pay through PayPal:

Visit [www.fortimmy.org](http://www.fortimmy.org)  
And follow link on page.

Team captain: \_\_\_\_\_

Phone number: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Player 2: \_\_\_\_\_

Player 3: \_\_\_\_\_

Player 4: \_\_\_\_\_

Just lunch? \$30 x \_\_\_\_\_ (no. of people)