

FRED TORRES COLLABORATIONS

527 W 29TH ST, NEW YORK, NY 10001 T212.244.5074 F212.244.5075 FREDTORRES.COM

Fundraising for Gretchen Ryan | Special Edition Print | *Bambi*

Fred Torres Collaborations is proud to share a limited edition print of Gretchen Ryan's *Bambi*. Please consider donating this year to NextStep Fitness to support our artist.

Proceeds go to NextStep Fitness, a promising new physical therapy program for Gretchen.



Gretchen Ryan, *Bambi*, 2011, Special Edition Lithograph on Paper, 18 1/4 x 11 3/8 inches, Edition of 250, signed and numbered

Dear Friends,

Gretchen is an amazing person and incredible artist we have had the privilege of working with since the gallery opened. She is very dear to us and we have such admiration for her strength and perseverance for change that we want to help support both her health and creative vision!

We hope you will support her too by purchasing a limited edition signed print by Gretchen for a donation of \$100 or more to NextStep Fitness, which will go towards the revolutionary Locomotor Training therapy she has begun there.

Copy and paste the link below into your browser to donate through NextStep's web site.

<https://npo.networkforgood.org/Donate/Donate.aspx?npoSubscriptionId=1001596>

In the Program Designation field select "Bambi Print."

With warmest regards,

The Team at Fred Torres Collaborations

A letter from Gretchen:

As many of you know, I have paralysis and use a wheelchair as the result of a car accident I was involved in as a teenager. For the first time since then, I have found real hope in regaining lost mobility, as well as my overall health and physical well-being, in an amazing new therapy, Locomotor Training, I have begun at NextStep Fitness in Redondo Beach, CA. The technique is an activity-based therapy that works to retrain the spinal cord to "remember" the pattern of walking again. I have met NextStep clients who have recovered from paralysis to the extent that they can walk with a walker, pedal a recumbent bike and even stand freely.

You must know how you feel after sitting down an eight hour day. If you can imagine what sitting for almost 20 years would be like, you can get an idea of the tremendous joy and excitement I feel over getting to be a participant in NextStep's program!

Locomotor Training therapy is long-term, results are seen after months and years of treatment. The potential for recovery differs for each individual, but the key element in success seems to be time and repetition, and the benefit is always improved strength and health. I feel that it holds tremendous potential for me personally, and will do all I can to stick with it for as long as possible. The cost is \$1200-1600 per month, as the training requires four physical therapists at a time. I have begun my journey there thanks to two generous scholarships; thank you to Adam Gayner and Fred bottled water, and the Lomita-Torrance Airport Rotary!

In effort to continue therapy, I am raising funds with a special, limited edition print of Bambi, a work on paper from my new exhibition at the beautiful, ever-supportive gallery, Fred Torres Collaborations.

Thank you so much,

Gretchen

For a contribution of \$100 or more to NextStep, you will receive one of Gretchen's limited edition prints of Bambi.

To purchase a print, visit the NextStep donation page at:

<https://npo.networkforgood.org/Donate/Donate.aspx?npoSubscriptionId=1001596>

and fill in your information. In the Program Designation field and select "Bambi Print."

Fred Torres Collaborations will mail your print directly. Thank you!

About NextStep Fitness

NextStep Fitness was founded by Janne Kouri, who became paralyzed in a diving accident in 2006. Wanting to provide the very latest and most effective therapy for himself and other people in his situation in the Los Angeles area, he created NextStep. NextStep's mission is to provide the very best fitness facilities designed specifically for the physically challenged at the most affordable cost.

A non-profit organization, the goal is to create a fitness environment for individuals with physical disabilities - where everyday fitness & wellness is available and supported in a state-of-the-art facility. With the combination of locomotor training, functional electrical stimulation, cardio workouts, strength training and stretching, NextStep Fitness strives to ensure that having a disability does not mean being unhealthy. Additionally, NextStep Fitness was the first community-based fitness facility to offer Locomotor Training to clients. Like Janne himself, NextStep Fitness, strives to help it's members stay strong, stay fit and stay healthy.

Read more at: <http://www.nextstepfitness.org/about-us>

For more information, please contact Fred Torres Collaborations by email at director@fredtorres.com or by phone at 212.244.5074