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## **[Paralysis Resource Guide 2023](#)**

The [Paralysis Resource Guide](#) was created by the Christopher & Dana Reeve Foundation National Paralysis Resource Center (NPRC), offers comprehensive information and connections to help you find what you need to stay as healthy, as active and as independent as possible. This guide serves the full community of people affected by paralysis, including loved ones and caregivers.

Address of content item

United States