



*"All my family and myself can say is: we'll never get tired of thanking Champions for Health! Thank you for giving me the great gift of being able to walk again."*

Ruben Sanchez was heartbrokenly all out of options, until he was referred to Champions for Health. At 72, the severe osteoarthritis in both his knees was threatening to take away his mobility, which he heavily relied on to remain active in the lives of his cherished family members. Aside from his failing knees, Ruben was in optimal health.

Ruben didn't have the health insurance or financial means to afford the surgery he needed to maintain his ability to walk. Friends like you enabled Champions for Health to connect him with an orthopedic surgeon who could perform total knee replacement surgeries, at no cost to Ruben. These procedures are highly complex, and require extensive physical therapy as part of the recovery process. But given Ruben's overall health, strength and optimism, the orthopedic surgeon considered him to be an excellent candidate for the procedures.

Both surgeries were recently performed over the course of three months. Our team was also able to facilitate pro bono, in-home physical therapy for Ruben, which was critical to helping him reset his knee muscles to accommodate his new, healthy leg position.

Ruben's physical therapist is continuously impressed by his progress and reports that his overall recovery is going remarkably well. Because of friends like you, Ruben is able to walk again, without pain. Ruben says he is most excited to utilize his newly regained mobility to dance the night away for his upcoming birthday and celebrate his nephew's wedding in May.

Thank you so much for the impactful way you are helping Champions for Health to heal our neighbors, who have nowhere else to turn for medical care.

Happy Holidays,

A handwritten signature in black ink that reads "Barbara Mandel". The signature is written in a cursive, flowing style.

Barbara Mandel

CEO