



**FOR IMMEDIATE RELEASE**

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***Granite Helps Those with Spinal Cord  
Injuries Become More Physically Fit***

(March 19, 2014)- Canton, MA—Granite Telecommunications, LLC, a provider of communications solutions to businesses, contributed **\$3,326** to Journey Forward this week. Journey Forward is dedicated to bettering the lives of those who have suffered spinal cord injuries through intense exercise programs. The organization works with individuals of all levels and abilities and strives to make its services available to anyone who needs it.

Journey Forward’s founder, Dan Cummings, expressed his appreciation stating, “We at Journey Forward are extremely grateful for Granite’s kind and generous donation.”



Granite’s donation will assist Journey Forward in becoming part of the Neurological Recovery Network, a collaborative group of hospitals and fitness and wellness centers across North America, coming together to prove the tremendous benefits of intense exercise, especially locomotor training, after suffering a severe spinal cord injury.

Dan Cummings, Founder at Journey Forward (left) and Timothy Galvin, Granite Telecommunications (right)

Journey Forward distinguishes itself from other adaptive gyms by adopting a full-body approach with their clients, which concentrates on the body’s abilities in addition to its weaknesses. They focus on goals that range from regaining lost function to simply receiving the normal benefits of exercise. For more information, visit

<http://www.journey-forward.org>.

**About Granite**

Granite provides voice, data and other related communications products and services to multi-location businesses throughout the United States and Canada. Granite furnishes services to more than two-thirds of the Fortune 100 companies in the United States, and 1.3 million phone lines under management. Granite employs over 1,150 people at the company's headquarters in Quincy, MA and offices in Atlanta, GA, Miami, FL, New York, NY and Providence, RI. For more information, visit [www.granitenet.com](http://www.granitenet.com).

**About Jeans Day**

Through weekly Jeans Days, held every Friday, Granite employees have the option to wear business casual attire or jeans with a donation of \$3 to the selected charity. Each week, the Granite Cares Committee, comprised of Granite employees, chooses a qualifying nonprofit organization nominated by other employees. Granite then matches the amount raised by employees.