



AT HOME

**All Times are
MT
(Mountain
Time)**

2021 **EVENT SCHEDULE**

Monday, March 29th

- 10:00 am to 10:20 am—Opening Ceremonies
- 10:20 am to 10:45 am—Introduction of the At Home Challenge and Snowmass Snippets
- 11:00 am to 11:45 am—Overcoming Obstacles, Veteran Testimonials From Service to Slopes
- 1:00 pm to 1:45 pm—NDVWSC Equipment 101- Novice to Advanced
- 2:00 pm to 2:45 pm—Mental Health in the time of COVID
- 3:30 pm to 4:30 pm—Keynote - WWII Veteran and Medal of Honor Recipient Woody Williams

Tuesday, March 30th

- 10:00 am to 10:15 am—Snowmass Snippets
- 10:30 am to 11:15 am—Overcoming Obstacles, Veteran Testimonials From Service to Slopes
- 11:30 am to 12:15 pm—Control Everything with Anything
- 1:00 pm to 1:45 pm—Sit Down and Stand Out! Adaptive Equipment Recommendations for Seated Athletes
- 3:30 pm to 5:00 pm—TBI Peer Support Group (By Invitation Only)

Wednesday, March 31st

- 9:00 am to 9:45 am— Introduction to Curling, Live Demonstration
- 10:00 am to 10:15 am—Snowmass Snippets
- 11:30 am to 12:15 pm—Out on a Limb! Adaptive Sports Recommendations for Athletes with a Prosthesis
- 1:00 pm to 1:45 pm—Women Veterans Reception
- 2:00 pm to 2:45 pm—Overcoming Obstacles, Veteran Testimonials From Service to Slopes
- 3:00 pm to 4:15 pm—Self Defense for All Abilities Presented by the US Secret Service
- 4:30 pm to 5:15 pm—Adaptive Yoga Class - Grab Your Mat!
- 6:30 pm to 7:15 pm—Virtual Jam Session/Come to Listen Come to Jam

Thursday, April 1st

- 8:00 am to 8:45 am—Introduction to Sled Hockey, Live Demonstration
- 10:00 am to 10:15 am—Snowmass Snippets
- 1:00 pm to 2:00 pm—Whole Health: What matters to YOU?
- 2:15 pm to 3:00 pm—Overcoming Obstacles, Veteran Testimonials From Service to Slopes
- 3:15 pm to 4:00 pm—Preparing for Success/Winter Sports Clinic 2022

Friday, April 2nd

- 10:00 am to 10:15 am—Snowmass Snippets
- 10:30 am to 11:15 am—Overcoming Obstacles, Veteran Testimonials From Service to Slopes to Paralympics
- 1:00 pm to 1:45 pm—Your Health Choices: *Your Health, Your Way*
- 2:00 pm to 2:30 pm—Closing Ceremonies



AT HOME

MONDAY

29

MAR

10:00 am to 10:20 am — Opening Ceremonies

10:20 am to 10:45 am

Introduction of the At Home Challenge and Snowmass Snippets

Snowmass Snippets is the At Home version of our daily newsletter. Join us for a few minutes each day to view selected photos, get important announcements, enjoy a mindful minute and take a few minutes to chat with your fellow participants.

11:00 am to 11:45 am

Overcoming Obstacles, Veteran Testimonials From Service to Slopes

You won't want to miss our daily testimonials where you will hear directly from Veterans, Caregivers and Coaches who have attended the NDVWSC and how this event has impacted their lives. This session includes a short Q&A

Presented by:

Adam Greathouse, a US Army Veteran and West Virginia native deployed with the 3rd ID artillery out of Fort Stewart Georgia. Hear Adam share his incredible story of overcoming obstacles, from severe injuries he sustained in Kosovo, being in a coma for two months, finding out his Mother had already received the flag to be draped on his coffin, being discharged, suffering from isolation, battling depression, turning to alcohol, and then taking that leap of faith to attend the National Disabled Veterans Winter Sports Clinic through the encouragement of his VA recreation therapist.

Jensen Shirley, a US Army Veteran injured in 1977 when an explosive device detonated prematurely, blowing up in his hands, sustained numerous internal and external injuries. At the time Jensen suffered his injuries in the 1970s the Americans with Disabilities Act wasn't even signed into law until almost 15 years later. Jensen has overcome unimaginable obstacles, embracing from the beginning the concept of "I can do it". Jensen has attended four Winter Sports Clinics, continuing to embrace all that is possible.

1:00 pm to 1:45 pm

NDVWSC Equipment 101 - Novice to Advanced

Take advantage of this opportunity to learn about the adaptive equipment that will be available to you at the National Disabled Veterans Winter Sports Clinic. Tune in if you'd like to have a better understanding of where your equipment journey begins. Expect to walk away with a basic understanding of what equipment you will use based on your skiing abilities and the way forward as you fine-tune your skills.



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Presented by:

Matt Lucas, CTRS, NDVWSC Equipment Coordinator and Supervisor of Recreation Therapy at the VA- Western Colorado Health Care System. Matt has been with the NDVWSC for over 29 years working as the Equipment Coordinator for 20 years and Transportation Coordinator for 9 years.

Augustus Taylor, CTRS, started working with the NDVWSC as Equipment Coordinator in early 2020 at the VA- Western Colorado Health Care System. He has been a prior volunteer with the New England Winter Sports Clinic at Sunapee NH and served 5 years as a Corpsman in the United States Navy.

Jeff Inouye is the Ski Program Director for Breckenridge Outdoor Education Center(BOEC). Jeff has been with BOEC for the past 27 years as a volunteer, adaptive ski instructor, lesson scheduler, and supervisor of intern students. Jeff volunteers with the NDVWSC assisting with ski instructors and setting up the course on Race Day.

2:00 pm to 2:45 pm

Mental Health in the Time of COVID

The mental health impact of the COVID-19 pandemic has been significant with people all across the globe experiencing increased stress, anxiety, depression, and rates of substance use. In this session, we will discuss some of the important factors contributing to distress, how to know when you or a family member might need more support, types of VA resources available, and self-care practices that can help you cope with the challenges of pandemic life. We will even try out a few self-care exercises in the session. Bring your questions and a willingness to try new things.

Presented by:

Dr. Alethea Varra is a licensed clinical psychologist and the Chief Mental Health Officer for the Department of Veterans Affairs Rocky Mountain Network (VISN 19), covering Montana, Wyoming, Utah, Colorado, and Oklahoma. She has over 17 years of service within the VA and has a particular interest in improving access to care and treatment options for Veterans in rural and under served regions.

3:30 pm to 4:30 pm

Don't miss this! Keynote Speaker (Woody Williams)

Hershel "Woody" Williams was born on a dairy farm in 1923 in Quiet Dell, West Virginia. He enlisted in the United States Marine Corps and served in the Battle of Iwo Jima with the 21st Marines, 3d Marine Division. During the battle, Mr. Williams displayed "valiant devotion to duty" and service above self as he "enabled his company to reach its objective". Mr. Williams' actions, commitment to his fellow service members, and heroism were recognized on October 5, 1945, when he received the Congressional Medal of Honor from President Truman at the White House. Mr. Williams is the sole surviving Marine from WWII, to wear the Medal of Honor.



AT HOME

TUESDAY

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10:00 am to 10:15 am

Snowmass Snippets

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10:30 am to 11:15 am

Overcoming Obstacles, Veteran Testimonials From Service to Slopes

You won't want to miss our daily testimonials where you will hear directly from Veterans, Caregivers and Coaches who have attended the NDVWSC how this event has impacted their lives. This session includes a short Q&A

Presented by:

Mariela Meylan joined with Dad **Emile Meylan**. Mariela a US Army Veteran. While deployed in Iraq and on patrol in the Kuwait desert, Mariela was helping three soldiers change a tire on their vehicle when they were struck by a vehicle and the driver left the scene. Two of the four soldiers were killed at the scene, Mariela was immediately evacuated to Landstuhl Regional Medical Center in Germany and then to Walter Reed Army Medical Center where she was in a coma for 8 months. Mariela's parents were told she would likely not survive. While Mariela still has no memory of much of what happened on that day in Kuwait, Mariela not only survived but continues to thrive and overcome obstacles and the challenges of "doing" what people think she can't! Hear Mariela's story with the help of her Dad and the insight from a parent on the impact the Winter Sports Clinic has had.

11:30 am to 12:15 pm

Control Everything with Anything

Interested in what's available for complex injuries? Don't miss this session! Enjoy speed, precision, and excitement after a catastrophic injury or illness with the world's only independent alpine ski for complex disabilities. Learn about the capabilities of the TetraSki where independent turning and speed variability is achieved through joystick or breath control. Learn where to find a TetraSki in your area and how a computer simulator has been developed to prepare skiers for an enhanced experience out on the mountain.

Presented by:

Jeffrey Rosenbluth, a rehabilitation physician at the University of Utah specializing in the care of individuals with spinal cord injuries. His experience as an adaptive ski instructor in the 1980's led to a life-long pursuit of innovative clinical care and assistive technology to maximize function, performance, and independence after catastrophic injuries or disease.



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Keegan Buffington, a Program Manager with the University of Utah's adaptive sports program, TRAILS (Technology, Recreation, Access, Independence, Lifestyles, Sports). He followed his passions for the outdoors, teaching others and life-long learning after graduating from the University of Minnesota with a B.A. in Chemistry. Keegan holds PSIA (Professional Ski Instructors of America) Alpine and Adaptive ski certifications as well as a former seat on the PSIA Western Division Education Staff.

Tanja Kari is a Paralympian and gold medalist, representing Finland in cross country skiing 1992-2002. She has a Master's degree in Sports Sciences and Bachelor's Degree in Physical Education. Currently she is an active technical classifier for Para Nordic Skiing and Program Director for TRAILS program at the University of Utah Health Rehabilitation Center.

1:00 pm to 1:45 pm

Sit Down and Stand Out! Adaptive Equipment Recommendations for Seated Athletes

Specialists in seating for adaptive sports will review and demonstrate components of the client assessment that reveal critical information about athletes with disabilities. Instructors and clinicians will learn how to identify athlete needs and how to provide basic seating interventions for protecting skin, supporting posture, and preventing injuries that will make all the difference for successful ski lessons and safety on the snow. All concepts and techniques can be readily applied to athletes participating in other adaptive sports in a seated position.

Presented by:

Kendra Betz, MSPT, ATP, is a Physical Therapist and RESNA credentialed Assistive Technology Professional who has worked with the Veterans Health Administration for over 25 years. She holds an adjunct faculty position at the University of Pittsburgh and teaches regularly at national and international forums. Kendra is a specialist in rehabilitation of Veterans with complex disabilities and their participation in adaptive sports who initiated and implemented the Seating & Prosthetics Team at the NDVWSC.

Joe Bieganek, CO, ATP is an Orthotist and co-owner and President of Aspen Seating/Ride Designs. Joe specializes in all aspects of seating interventions for individuals with complex disabilities. He is a recognized as a national and international leader in providing custom seating for adaptive sports equipment to improve performance, safety, and outcomes for athletes with disabilities. He has supported numerous USA and international Paralympic athletes and serves on the Seating & Prosthetics Team at the NDVWSC.



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Chad Kincaid, CP, PT is both a Prosthetist and Physical Therapist with over 23 years of clinical experience who has worked for the Veterans Health Administration for more than ten years. Chad specializes in rehabilitation of Veterans with complex disabilities and their participation in adaptive sports, with an interest in supporting athletes with amputations to participate in sports with prosthetics limbs. Chad supports the Seating & Prosthetics Team at the NDVWSC.

3:30 pm to 5:00 pm

TBI Peer Support Group (By Invitation Only)

WEDNESDAY
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9:00 am to 9:45 am

Curling, A Live Demonstration

Do you have an interest in curling? Here is your chance! This is an introduction to the sport of curling. Learn how we adapt to make curling accessible for wheelchair users and those otherwise unable to throw the “stone” from the “hack”. If you don’t know what a “stone” and “hack” are, join us on the ice for a live demonstration of curling: featuring history, rules and adaptations for all abilities.

Presented by:

Arnold “John” West, retired military and technical consultant, is a US Curling Association (USCA) Certified Adaptive Curling instructor and coach. John first learned to curl in Canada in 1958 and has been an active member of the USCA and the Broadmoor Curling Club for 39 years, team Colorado coach during 2010 Olympic Curling Team try-outs, adaptive curling NDVWSC team leader since 2007, and the Hartford Ski Spectacular since 2012.

Paula Bloom, Active duty military member and President of the Broadmoor Curling Club (BCC) and a NDVWSC team member since 2010. Paula specializes in sports chair curling instruction.

Jean Otto, BCC member and NDVWSC team member since 2010 specializes in sports chair curling instruction. Jean currently works in law enforcement administration.

Jorgette Kruslic, BCC member and NDVWSC team member since 2010 specializing in ambulatory curling instruction. Jorgette is a retired real estate and property management manager.

Boris Kruslic, BCC member and NDVWSC team member since 2010 specializes in ambulatory curling instruction. Boris is a retired military and property manager.



AT HOME

WEDNESDAY

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10:00 am to 10:15 am

Snowmass Snippets

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11:30 am to 12:15 pm

Out on a Limb! Adaptive Sports Recommendations for Athletes With a Prosthesis

Veterans, clinicians, adaptive instructors and all interested are invited to join this live interactive discussion about “what you need to know” when it comes to using a prosthetic limb in adaptive sports. Hear from the experts about how everyday prosthetic limbs can be adjusted for sports participation, when a specialized sports prosthesis is needed, and the technology options available for different sports. Prosthetists from the WSC Seating & Prosthetics team will share guidance for athlete evaluation, prosthetic limb considerations, coordination with all stakeholders, and recommendations for athlete education, training, resources, and follow up.

Presented by:

Kendra Betz, MSPT, ATP, is a Physical Therapist and RESNA credentialed Assistive Technology Professional who has enjoyed her career with VA since 1993. She initiated and implemented the Seating & Prosthetics Team at the National Disabled Veterans Winter Sports Clinic and the National Veterans Summer Sports Clinic. She is an athlete Classifier for USA Para-cycling and at the National Veterans Wheelchair Games. Kendra’s first NDVWSC was 1997!

Chad Kincaid, CP, PT has a dual specialty as a certified prosthetist and physical therapist. He is currently the Orthotic and Prosthetic Lab Supervisor at the Western Colorado VA HCS in Grand Junction. He has worked for the VA Healthcare system since 2008. Chad has extensive experience with prosthetic limb care and training as well as wheelchair seating and mobility. He has a sub-specialty in adaptive sports and recreation applications as it pertains to seating and prosthetic technology. Chad’s first NDVWSC was 2009!

1:00 pm to 1:45 pm

Women Veterans Reception

This session is open to women only.



AT HOME

WEDNESDAY

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2:00 pm to 2:45 pm

Overcoming Obstacles, Veteran Testimonials From Service to Slopes

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Presented By:

Patrick Ward is a US 5th generation Navy Veteran. While serving Patrick sustained serious injuries, enduring 54 surgeries, leading to the amputation of his right leg. Hear Patrick share his story of struggles to regain faith and trust which were two things Patrick no longer had. Thanks to the encouragement of his VA physical therapist and the promise of help, Patrick agreed to attend the National Disabled Veterans Winter Sports Clinic. Hear Patrick's story of how the Winter Sports Clinic helped motivate him to turn off the TV, get up off the couch, and after much hard work, become a member of the Paralympic men's rowing team.

Frances Osorio-Rivera, a US Army Veteran with a left leg amputation shares her story, "learning how to live after a traumatic loss can make the strongest minds drift in the wrong direction and as humans, it is not a matter of if it happens, it's a matter of when. Like everyone else, we have our good days and we have our bad days". Frances has an infectious attitude, and a passion for kiteboarding, and after a trip to the National Disabled Veterans Winter Sports Clinic...Snowboarding! Plan to sit in while Frances shares her story of overcoming obstacles and persevering.

3:00 pm to 4:15 pm

Self Defense for All Abilities

Have you ever thought about what you would do if you were in the wrong place at the wrong time? Join Mark Copanzzì as he guides you through various scenarios and basic self-defense techniques. Engage in the opportunity to ask questions and watch live demonstrations on self-defense "how-to's".

Presented by:

Mark Copanzzì, Retired United States Secret Service Assistant Director and former D.C Metropolitan Police Officer with over 30 years of law enforcement experience. Recognized as a subject matter expert in police, investigative and protective tactics. Protected three Presidents, two Vice Presidents and various foreign heads of states. Co-Author of the first Use of Force Policy for the Department of Homeland Security and author of numerous protective, defensive measures and Use of Force curriculum. Mark has been supporting the Winter Clinic for over 20 years.



AT HOME

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4:30 pm to 5:15 pm

Adaptive Yoga Class

Join Bobiane for a live adaptive yoga session featuring gentle therapeutic yoga, focusing on stretching, balance and breathing exercises. Yoga will help you experience increased energy, improve balance & flexibility, decrease anxiety & depression, help with stress management and add a greater sense of peace and improvement in overall fitness..

Presented by:

Bobiane Kupfer is a certified therapeutic yoga instructor. Some of you may know Bobiane from the National Disabled Veterans Winter Sport Clinic as a ski instructor.

6:30 pm to 7:15 pm

Virtual Jam Session and Song Circle



THURSDAY

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APR

8:00 am to 8:45 am

Sled Hockey Live

Sled hockey (sledge hockey in Canada and Europe) is a sit-down version of ice hockey for players whose disability prevents them from playing stand-up hockey. In this session you will learn about sled hockey equipment, skills, and off ice exercises and enjoy a live demonstration with US Army Veteran and Colorado native Erik Tasto.

Presented by:

Tom Carr joined Craig Hospital (Denver) in 2012 and is currently the Director of Therapeutic Recreation and Director of Military Programs. Previous to Craig, Tom was the Director of Athletics for Northeast Passage, a privately funded program offering recreational opportunities to individuals with disabilities. He is the Founder of the Adaptive Ski Center at Mount Snow, Vermont, Therapeutic Recreation Faculty instructor at the University of New Hampshire, and member of the Governor's Council on Physical Fitness for the State of New Hampshire. For more than 20 years, Tom has been involved in coaching sled hockey and training athletes at the local, national and international level.



AT HOME

THURSDAY

1

APR

10:00 am to 10:15 am

Snowmass Snippets

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1:00 pm to 2:00 pm

Whole Health: What Matters to YOU?

What do you want your health for? Learn how to use Whole Health, VA's cutting-edge approach to care that supports your health and well-being. Participants will hear from a fellow Veteran who has used Whole Health to change his life and learn ways to improve their NDVWSC experience through Whole Health.

*Participants are encouraged to download the "Live Whole App" from the app store (available in android and iOS) and use it to complete the "Personal Health Inventory" before attending the session. Participants are also encouraged to have a snack (like raisins, nuts or tangerines) ready for an activity during the presentation.

Presented by:

Bree Ferrell, MS, RD, CSOWM, NBC-HWC has worked for the VA for 14 years in a variety of roles, many related to nutrition for which she has board certifications, and currently serves as a VISN19 Field Implementation Team Consultant with the Office of Patient Centered Care. She received her Master of Science degree in Human Nutrition from Colorado State University with undergraduate studies in Nutrition at the University of Northern Colorado. Personally, she enjoys all things outdoors including hiking, time spent in the sun, camping, skiing, and activities with her family.

David Muniz is a Navy Veteran who currently serves as a Peer Support Specialist and a Whole Health Coach at the VA Western Colorado Health Care System. He has a BA in Health and Wellness. Like many Veterans, David had battled with substance abuse and mental illness for years before discovering Whole Health, which he believes saved his life. Clean and sober for several years, David used Whole Health to maintain his sobriety as well as address childhood traumas and heal his younger self.



AT HOME

THURSDAY

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APR

Rachel Thompson, PT, DPT comes from a family of Veterans and has worked for the VA for 13 years, currently as the Whole Health Coordinator and Health Promotion & Disease Prevention Program Manager for Eastern Colorado Health Care System. She was a team coach at the NDVWSC and has been the Cross-Country Coordinator for the past several years. She received her Doctor of Physical Therapy from the CU Medical School and has a passion for adaptive sports. In her spare time she enjoys being active outdoors, traveling, serving as a volunteer Special Olympics coach and truly “living” life.

2:15 pm to 3:00 pm

Overcoming Obstacles, Veteran Testimonials From Service to Slopes

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Presented By:

Seth Cole, a US Army Veteran serving from 2005 to 2009 as a 13R. In 2007 Seth's life changed in an instant after a grenade blast in Iraq. Seth at that moment felt he had his life changed for the worst or so he thought. “Little did I know that it was just the beginning of what would turn out to be the best thing that had ever happened to me”. Seth became determined to define what his life would be, “If there was an obstacle, I wasn't going to avoid it”, in 2018 Seth connected with his VA recreation therapist and attended the Winter Sports Clinic, gaining confidence in himself and in his snowboarding!

Clint Hale, a US Air Force Veteran, really wanted to go into the Army but at 17 ½ his parents wouldn't sign the paperwork but agreed to the Air Force. Clint became a Combat Controller and back then their motto was First in, Last out, but he recalls they fondly said Forced in, Laughed out. Clint did three tours in Vietnam and was medically retired after 18 years due to a parachuting accident, leaving him an incomplete paraplegic. Clint attended the very first Winter Sports Clinic in 1987, and never stopped coming back! Clint has attended every Winter Sports Clinic and has witnessed firsthand not only the ski industry changes, the clinic changes but has adapted through the years as his own abilities have changed.

3:15 pm to 4:00 pm

Preparing for Success at the 2022 Winter Sports Clinic

Want to be at your best for the 2022 Winter Sports Clinic? In this session you will learn from the NDVWSC medical team about the effects of elevation on physical activity and how to overcome these challenges to prepare yourself for success. This session will include strategies to avoid unforeseeable complications, followed by Q&A.



AT HOME

THURSDAY

1

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Presented by:

Peter Psenda NP-C currently works at the VA Western Colorado Healthcare System. He is a member of the Hospitalist team and has worked at the VA for 23 years. For the last 10 years he has served as the Medical Director and served as the Medical team lead before that. Peter enjoys living in Western Colorado due to the abundance of outdoor activities available and looks forward every year to seeing fellow Veterans exploring winter sports in the mountains of Snowmass.

Melissa Munkwitz PA-C, MPH is currently a Physician Assistant at the VA Eastern Colorado Health Care System and works in the Orthopedic Surgery Department. She sees a wide variety of patients including trauma patients, pre-op and post-op patients. She has worked at the VA for 18 years and has been a member of the NDVWSVC Medical team for over ten years. Melissa enjoys the great outdoors and loves skiing, bike riding and other sports. She also enjoys supporting the NDVWSC and hopes to see you all on the ski slopes soon!

FRIDAY

2

APR

10:00 am to 10:15 am

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Presented By:

David Williams, a US Navy Veteran, sustained a spinal cord injury while on active duty. In his session, he is joined by former VA recreation therapist Doug Tuttle. In 2014 David decided he wanted to snow ski despite living in Florida. He attended his first Winter Sports Clinic in 2014, and quickly picked up the skills and techniques of adaptive skiing. David fell in love with skiing, and quickly progressed from a beginner to intermediate skier. David wanted to pursue his newfound passion and decided to pursue competitive skiing. David has competed in several World Cup events and will be participating in the 2022 Paralympics, tune in to hear David's journey, from injury, to Winter Sports Clinic, to Paralympian!



AT HOME

FRIDAY

2

APR

1:00 pm to 1:45 pm

Your Health Choices: Your Health, Your Way

Join us for an engaging discussion designed to help you be your healthiest self. You will have an opportunity to identify a goal for healthy living and design a path to reach it. We will share tips for success and resources to support you on your path to healthy living. Let's work together to plan your way to reach your health goals!

Presented by:

Margaret (Peg) Dundon, PhD has been the National Program Manager for Health Behavior at the VA's National Center for Health Promotion and Disease Prevention (NCP) since 2011. Trained as a Counseling Psychologist, Peg formerly served as the Clinical Director for VHA's Center for Integrated Healthcare, as well as an Integrated Primary Care Behavior Health Provider focused on Health Psychology for 12 years. Peg now provides leadership for the Health Behavior Coordinators, serves as NCP's lead for Motivational Interviewing Training, and supports many aspects of NCP's Healthy Living work.

Sophia Hurley, MSPT has practiced in the private sector and the Veterans Health Administration for more than 20 years. Her clinical experience spans a range of settings including spinal cord injury and disease, orthopedics, and pain management. Since joining the National Center for Health Promotion and Disease Prevention (NCP) team in 2008, she has served as the MOVE! Physical Activity Program Coordinator, Program Manager for Telephone Lifestyle Coaching, and co-lead for the Gateway to Healthy Living Program.

2:00 pm to 2:30 pm—Closing Ceremonies