



36TH NATIONAL VETERANS WHEELCHAIR GAMES

EDUCATIONAL SESSIONS

SESSION 1: OVERCOMING BARRIERS

Monday, June 27, 2016 @ 2:30–3:30 p.m.
Convention Center, Hall 1 (Novice Athlete Meeting)

**THIS SESSION IS OPEN TO VETERAN ATHLETES, COACHES
AND ALL NVWG ATTENDEES**

PRESENTER:

A well-known adventure athlete and motivational speaker, Mark Wellman, has inspired millions across the country and throughout the world. A climbing fall in 1982 resulting in paraplegia did not stop him from accomplishing what he loves most, fulfilling his passion for the outdoors. Mark not only went back to mountain climbing but also made history in the sport, becoming the first paraplegic to use his arms alone to scale the sheer faces of El Capitan and Half Dome in Yosemite National Park, California. He has since assisted many people with disabilities to climb these unforbidden cliffs. Join us to learn more about Mark Wellman's 'No Limits' philosophy.

**"Success depends on the ability to face whatever challenges
come our way."**

SESSION 2: THE GATEWAY TO HEALTHY LIVING

Tuesday, June 28, 2016 @ 11 a.m.–Noon
Convention Center, Room 155E

THIS SESSION IS OPEN TO EVERYONE.

This interactive session will introduce an exciting new program called the Gateway to Healthy Living. Participants will be invited to engage in discussion about health behaviors, identify a healthy living goal, and create their own plan to reach this goal.

PRESENTER:

Sophia Hurley, MSPT - Prevention Programs Coordinator has practiced in the private sector and the Veterans Health Administration for more than 16 years. She has worked and held supervisory roles in a range of settings including spinal cord injury and disease, orthopedics, pain management, and has contributed to the promotion of physical activity through the MOVE!® Weight Management Program for Veterans. Sophia has held positions including MOVE! Coordinator, Veterans Health Education Coordinator, Employee Wellness Coordinator, and MyHealthVet Coordinator. She joined the National Center for Health Promotion and Disease Prevention (NCP) team in 2008 and has served as the MOVE! Physical Activity Program Coordinator, Project Manager for the national Telephone Lifestyle Coaching Pilot, and most recently is co-leading the Gateway to Healthy Living Program.



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SESSION 3: MY HEALTHVET: YESTERDAY, TODAY & TOMORROW

Tuesday, June 28, 2016 @ 4:30–5:30 p.m.
Convention Center, Room 155E

**THIS SESSION IS OPEN TO VETERAN ATHLETES,
CAREGIVERS, AND VA COACHES/STAFF GAMES**

Attendees will learn the many features and tools available to all My HealthVet users, focusing on the key features available to Veterans enrolled in VA who have a Premium My HealthVet account. Such features include using Secure Messaging, accessing VA appointments, lab results and much more! My HealthVet has been proud to be VA's Personal Health Record since 2003 (myhealth.va.gov).

PRESENTER:

Susan Haidary, M.Ed, LBSW began her VA career 23 years ago as a Psychology Technician/Clinician Counselor working in Mental Health services with Veterans on both an inpatient and outpatient basis. She also facilitated family counseling groups within the Mental Health department for Veterans and their families. Additionally, she worked as a VA Employee Education Coordinator and assumed the responsibility of the My HealthVet Point of Contact in 2003, when My HealthVet was initially deployed nationwide. In 2008, Susan assumed the role as the National Stakeholder Manager for the My HealthVet Program Management Office under VHA's Office of Connected Care. One of Susan's primary roles is working directly with My HealthVet Coordinators/Champions in each VA Medical Center, VA staff, Veteran Service Organizations and of course, Veterans and their families. She also works closely with many other departments across VA to create and enhance programs and services for the Veterans and families we serve.

SESSION 4: GETTING STARTED: ADAPTIVE CLIMBING PART 1, CLASSROOM

Wednesday, June 29, 2016 @ 11 a.m.–Noon
Convention Center, Room 155E

**THIS SESSION IS OPEN TO COACHES AND
ANYONE INTERESTED IN STARTING AN
ADAPTIVE CLIMBING PROGRAM**

PRESENTER:

A former National Park Ranger and member of the United States Disabled Ski Team, Mark has competed in two Paralympics. In 1996, he carried the Paralympic torch, ascending a 120-foot rope, and lit the cauldron for the opening ceremonies in Atlanta. He is an advisor for the Washington-based Disabled Sports USA, and for the California Governor's Committee for Employment of Disabled Persons. Mark also serves on the Governor's Council for Physical Fitness and Sports, and is spokesperson for many corporations and organizations. Mark has co-produced films on adventure sports and has co-authored his autobiography Climbing Back. Mark designed special adaptive climbing equipment to assist people with physical disabilities in rope ascending. Part 1 will focus on the nuts and bolts of getting a program started. Mark is currently working with two VA Rehabilitation Programs – these programs will also attend to provide you with additional information in "getting started."



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SESSION 5: GETTING STARTED: ADAPTIVE CLIMBING PART 2, EXPERIENTIAL

**Thursday, June 30, 2016 @ 11 a.m.–Noon
Convention Center, At the Wall**

THIS SESSION IS OPEN TO COACHES

PRESENTER:

During Part 2, Mark will take the classroom education and provide you with an experiential / “hands on learning” experience.

SESSION 6: EATING HEALTHY & HYDRATION

**Thursday, June 30, 2016 @ 11 a.m.–Noon
Convention Center, Room 155E**

**THIS SESSION IS OPEN TO VETERAN ATHLETES,
VA COACHES/STAFF AND OTHERS**

PRESENTER:

Fuel Trainer specializes in sports and life performance optimization through nutrition. Dr. Lorri Zenoni, DrPh, utilizes scientifically evidence-based information and strategies for facilitating optimal health. Lorri is a successful sports nutrition educator, wellness expert, health care administrator and former professional athlete. She has a Bachelor’s of Science in Food and Nutrition, Masters of Science in Health Care Administration and a Doctorate of Public Health in Preventive Care. She is a member of the American College of Lifestyle Medicine, the American College Health Association, Certified Personal Trainer and former Health and Fitness Specialist with the American College of Sports Medicine and a Youth Fitness Specialist certified with the International Youth Conditioning Association. She has provided sports nutrition and fuel strategy coaching to clients nationwide for over 26 years.