

Discover Your Possible

A one day skills and
activity clinic for ALL
levels of lower limb
amputees

Saturday, April 27, 2019

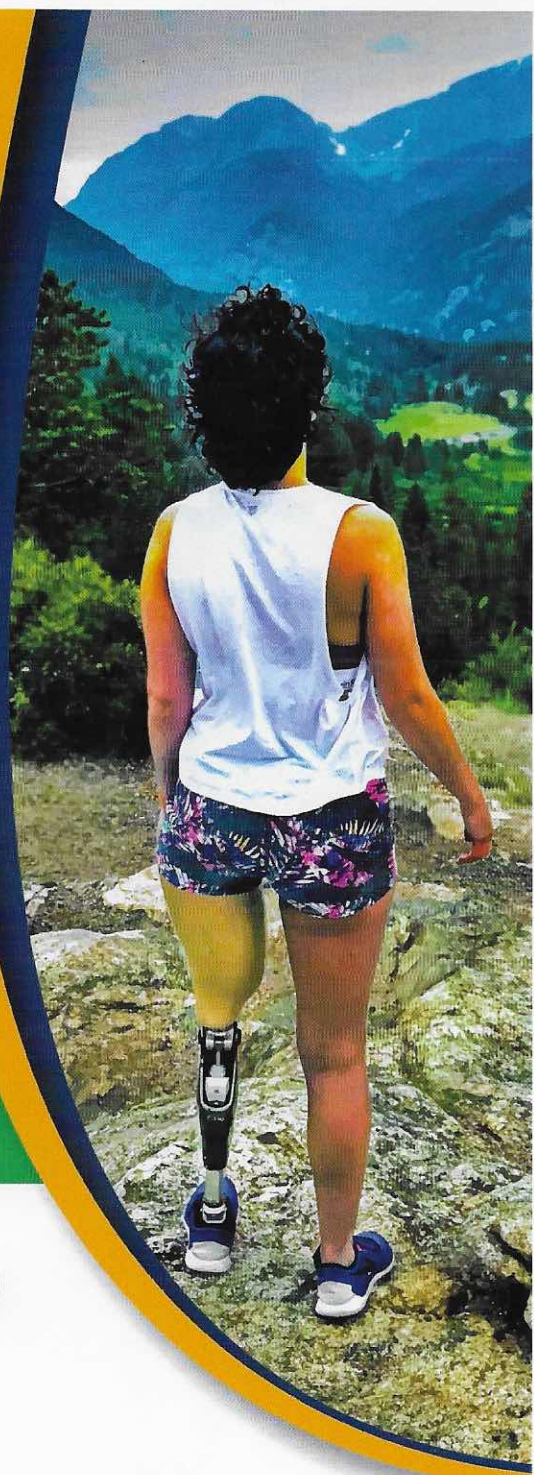
8:30 am - 4:30 pm

8191 Staples Mill Road, Richmond, VA 23228

Registration only  \$20!

More information at:
www.missiongait.org/events

Contact us at:
admin@missiongait.org
804-918-5792



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2016 - 2036
THE ROAD TO RECOVERY

Registration

Registration Fee

Only **\$20!**

Register Online

[https://missiongait.wufoo.com/forms/
discover-your-possible-registration/](https://missiongait.wufoo.com/forms/discover-your-possible-registration/)

Event Location

8191 Staples Mill Road
Richmond, VA 23228

Caregivers!

Family and friends are the essential support system for individuals with lower limb amputations. Recognizing this, we invite all caregivers and supporters to register at a reduced rate! (\$10) The topics covered during this event are important for caregivers to know, and we have included a breakout session specifically for you!

Caregiver Online Registration

[https://missiongait.wufoo.com/forms/
discover-your-possible-caregiver-
registration/](https://missiongait.wufoo.com/forms/discover-your-possible-caregiver-registration/)

Questions? Contact Us!

Phone - 804.918.5792
Email - admin@missiongait.org

Presented By

Making great strides in the education of quality care.

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Event Staff

Robin Yoder, MSW, LMSW, OSW-C - founder / coordinator
Will Riddick, PT, DPT - marketing / coordinator
Tracy Rauk, PT, DPT - coordinator

Event Partners

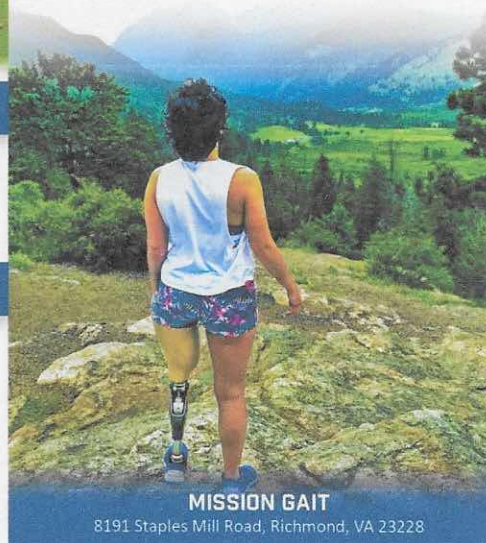


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8191 Staples Mill Rd., Henrico, Virginia 23228

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Guest Speaker



Cosi Belloso, MPT

Cosi Belloso's dedication to working with amputees started during her formative years working as a newly-graduated PT under the mentorship of Curtis Clark at Jackson Memorial Hospital (JMH). Within the setting of JMH's world-class facilities, she became familiar with the special challenges facing people with limb loss/ deficiencies, from Symmes patients to bilateral above knee amputees. She found her passion in helping these individuals from the immediate pre and post-op care period all the way to full independence with their prosthetics legs.

Cosi is the owner of Palanca Physical Therapy, a prosthetic training specialty clinic near Tampa, Florida. She is also the host of the Facebook page, Cosi Talks, teaching individuals with amputations, clinicians, and supporters about topics that impact amputees and their return to daily life and beyond. Away from the professional arena, Cosi is also a proud wife and mother to four children. In her spare time she enjoys performing the violin, running races for doughnuts, and cooking for her family and friends.

Why Should You Attend?

This one day event is an opportunity for lower limb amputees to explore skills and activities that are available and accessible. This is an event designed as an opportunity for everyone to improve their capabilities and confidence. Experts will guide you through the basics of mobility up to high level activity. Breakout sessions will allow you to explore available recreational activities. As long as you use a prosthetic limb, this event is designed just for you. We invite you to come and participate in this one-day clinic to Discover Your Possible!

Breakout Sessions

The afternoon will consist of three breakout sessions that will allow you to learn about and try recreational opportunities. There will be a multitude of sessions that you can choose from including running, wheelchair tennis, golf, hand-cycling, circuit training, and more! There is also a breakout session specifically for caregivers. Whether you have had a long term interest, or if this is your first time hearing about these activities, this is a great opportunity to try them out all in one place!

(Breakout sessions will be posted on the event webpage closer to the event date)

Schedule

Registration

8:00 am - 8:30 am

Welcome *(light breakfast provided)*

8:30 am - 9:00 am

Morning Session

9:00 am - 12:00 pm

Lecture and Lab

Proprioception 101

Strength Training 101

Gait Cycle 101

"Cosi Talks" Panel

Q&A Session featuring an interdisciplinary panel of experts

Lunch *(boxed lunch provided)*

12:00 pm - 1:00 pm

Afternoon Session

1:00 pm - 4:00 pm

Breakout Sessions

(3 sessions)

Wrap-Up / Raffle / Closing

4:00 pm - 4:30 pm

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