



OCTOBER 3-6, 2019

CRESTED BUTTE, COLORADO

THURSDAY, OCTOBER 3, 2019

11:00 a.m.-6:00 p.m.	Check in/Registration – Transportation Schedule will follow flight arrivals
3:00 p.m.-6:00 p.m.	Free Time/Shop – (WE Shop)
6:30 p.m.-7:30 p.m.	Networking reception at the Adaptive Sports Center – Please meet in hotel lobby at 6:15 p.m. – Tammy Jones, National Vice President

FRIDAY, OCTOBER 4, 2019

7:00 a.m.-8:00 a.m.	Roll with ASC (Adaptive Sports Center) – For preregistered guests
8:15 a.m.-9:15 a.m.	Breakfast at ASC – Please meet in hotel lobby at 7:30 a.m.
9:20 a.m.-10:20 a.m.	First Break Out Session – 1 Hour <ul style="list-style-type: none">Stress Management: Change, Coping, and Adaptation Conundrum Room-Plaza Level 1 Mary Hull, MSN, RN OIF VeteranTake Charge! Healthcare Decision Making Anthracite Room-Plaza Level 1 Rebecca Coffin, PhD, RN Associate Director of Medical Services, PVA
10:20 a.m.-10:30 a.m.	Break
10:30 a.m.-11:30 a.m.	Second Break Out Session – Switch Topics – 1 Hour <ul style="list-style-type: none">Stress Management: Change, Coping, and Adaptation Conundrum Room-Plaza Level 1 Mary Hull, MSN, RN OIF Veteran



11:45 a.m.-12:45 p.m.

- Take Charge! Healthcare Decision Making
Anthracite Room-Plaza Level 1
Rebecca Coffin, PhD, RN
Associate Director of Medical Services, PVA

1:00 p.m.-2:00 p.m.

Lunch – Speaker from Adaptive Sports Center

Third Break Out Session – New Topics – 1 Hour

- Food is Fuel
Conundrum Room-Plaza Level 1
Katelyn Johnson, BSN, RN
Associate Director of Medical Services, PVA
- Comprehensive Wellness
Anthracite Room-Plaza Level 1
Mary Hull, MSN, RN
OIF Veteran

2:00 p.m.-2:30 p.m.

Break

2:30 p.m.-3:30 p.m.

Fourth Break Out Session – Switch Topics – 1 Hour

- Food is Fuel
Conundrum Room-Plaza Level 1
Katelyn Johnson, BSN, RN
Associate Director of Medical Services, PVA
- Comprehensive Wellness
Anthracite Room-Plaza Level 1
Mary Hull, MSN, RN
OIF Veteran

3:30 p.m.-3:45 p.m.

Break

3:45 p.m.-4:45 p.m.

Panel Discussion – Medical – Staying Positive for Comprehensive Wellness –
Pre-Function Plaza Level 1

5:00 p.m.-6:00 p.m.

Group Yoga – ASC – For preregistered guests

6:00 p.m.-6:30 p.m.

Free Time



**Paralyzed Veterans
of America**

6:30 p.m.-7:30 p.m.

Dinner at Elevation

7:30 p.m.-9:30 p.m.

WE Pamper Party

9:30 p.m.

Free Time

SATURDAY, OCTOBER 5, 2019

7:00 a.m.-8:00 a.m.

Adaptive Rock Climbing – ASC – For preregistered guests

8:30 a.m.-9:30 a.m.

Breakfast at Elevation

9:30 a.m.-10:30 a.m.

First Break Out Session – 1 Hour

- Women and Money: Taking Control of Your Financial Future
Conundrum Room-Plaza Level 1
Peggy Furlong, Financial Planner, Prudential
- PAVE Program – What and Why
Anthracite Room-Plaza Level 1
Kerry Reyna, PVA Member
Lauren Lobrano, Director, PAVE

10:30 a.m.-10:45 a.m.

Break

10:45 a.m.-11:45 a.m.

Second Break Out Session – Switch Topics – 1 Hour

- Women and Money: Taking Control of Your Financial Future
Conundrum Room-Plaza Level 1
Peggy Furlong, Financial Planner, Prudential
- PAVE Program – What and Why
Anthracite Room-Plaza Level 1
Kerry Reyna, PVA Member
Lauren Lobrano, Director, PAVE

12:00 p.m.-1:30 p.m.

Lunch/Shop – WE Shop – Speaker from Adaptive Sports Center



**Paralyzed Veterans
of America**

1:45 p.m.-2:45 p.m.

Third Break Out Session – New Topics – 1 Hour

- Benefits of Volunteering
Conundrum Room-Plaza Level 1
Janet Newsome, Senior Regional Admissions Specialist, The Mission Continues
- Education as a Path Forward
Anthracite Room-Plaza Level 1
Demita Furnner, Director Online Accessibility, Southern New Hampshire University

2:45 p.m.-3:00 p.m.

Break

3:05 p.m.-4:05 p.m.

Fourth Break Out Session – Switch Topics – 1 Hour

- Benefits of Volunteering
Conundrum Room-Plaza Level 1
Janet Newsome, Senior Regional Admissions Specialist, The Mission Continues
- Education as a Path Forward
Anthracite Room-Plaza Level 1
Demita Furnner, Director Online Accessibility, Southern New Hampshire University

4:10 p.m.-5:10 p.m.

Panel Discussion – Staying Engaged – Employment, Education, and Volunteering – Pre-Function Plaza Level 1

5:15 p.m.-6:15 p.m.

Yoga or Meditation/Free Time/Shop

6:30 p.m.-7:30 p.m.

Dinner at Elevation

7:30 p.m.-9:30 p.m.

WE Party – Eighties Themed Party – Get Dressed Up!

9:30 p.m.

Free Time

SUNDAY, OCTOBER 6, 2019

6:30 a.m.-7:30 a.m.

Intro to Hand Cycling – ASC – For preregistered guests

7:00 a.m.-8:00 a.m.

Breakfast and Closing Remarks at Elevation

8:00 a.m.

Departures



Paralyzed Veterans
of America