

# Upper Limb Loss Peer Support & Education

That's why it can help to speak to someone who knows what you are going through. Together, you can share your challenges and fears and find real solutions, hope, and new possibilities. We understand that sometimes local support groups may be lower limb focused, and the below resources can provide more of an upper limb focus.

## AMPOWER® PEER SUPPORT

AMPOWER consists of a nationwide network of trained peer mentors who have successfully recovered and rehabilitated following an amputation. Mentors are available to speak face-to-face, over the phone, online, and through e-mail. The AMPOWER team can try to match you with someone who has a similar limb difference level and similar life experiences.

Visit [HangerClinic.com/Ampower](https://HangerClinic.com/Ampower) or scan the code to learn more.



## PATIENT EDUCATION CLINICS

Clinics across the nation engage with communities by hosting free educational and peer support events. These events offer the opportunity to meet local experts, learn from nationally recognized specialists, and get tips for navigating life with upper limb loss.

Visit [HangerClinic.com/Events](https://HangerClinic.com/Events) or scan the code to learn more.



## EMPOWERFEST

EmpowerFest is packed with exciting activities, education, and opportunities to learn from and connect with world-class prosthetists and peers thriving with prosthetic technology.

Visit [HangerClinic.com/Empowerfest](https://HangerClinic.com/Empowerfest) or scan the code to learn more.



## LOCAL EVENTS

Your local prosthetic team may be coordinating events to get the community together for fun and educational adaptive activities. Some events in the past have included adaptive climbing, cooking, and cycling. Talk with your prosthetist to see if there are nearby activities that you and your family can engage in.



For more information, scan the code  
or visit [HangerClinic.com/ULResources](https://HangerClinic.com/ULResources).

✱ Hanger Clinic® Upper Limb Prosthetic Specialty Network

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