

ALL SESSIONS LISTED IN CENTRAL STANDARD TIME

11–11:15 AM | Opening Ceremony with Ray

11:15–12 PM | Chat Groups: Live Zoom Discussions

12–12:25 PM | Living Beyond Appearance with 5-Time Paralympian, Stephani Victor

12:25–12:50 PM | Strength Training with Rob

12:25–1:05 PM | Your Voice Matters:
Tips for Managing Your Healthcare and
Personal Life Through Self-Advocacy

12:25–1:05 PM | Upper Limb Cooking Class
with Billy P

12:50–1:10 PM | LIVE: One Arm Between Us with Cameron & Pedro

1–1:30 PM | Break & Exhibit Time

1:10–1:30 PM | Mindfulness Moment with Breathing & Movement with Linda

1:30–2:15 PM | LIVE: Medical Professionals Panel

2:15–3 PM | Chat Groups: Live Zoom Discussions

3–4 PM | Break & Exhibit Time

3–4 PM | Yoga with Dan

4–4:25 PM | Phantom Pain Management
with Dr. Danielle Melton

4–4:45 PM | Consuming Complicated Research:
A Patient’s Guide to Finding Reliable Health
Information & Applying it to Care Decisions

4–4:25 PM | Upper Limb Virtual
Component Trial with Mike

4:25–4:45 PM | Caring For My Sound
Side Limb After Amputation

4:25–4:45 PM | Upper Limb Home
Automation & Gadgets

4:45–5PM | LIVE with Winter the Dolphin

5 PM | EmpowerFest Ends

5–6:30 PM | Good Questions for Good Health (After Hours Special)