



North Dakota Power Up Health Conference

2021 Breakout Session Speakers

Note: All breakout sessions will be pre-recorded will be available to registered participants on the Power Up YOU TUBE channel for the month of September 2021.



**Sleep Well,
Be Well!**
Annie Schlecht
Zen Sleep Consultant



**Mindfulness &
Meditation**
Kim Zoller
ID Image Inc.



**Make & Take
Music**
Emily Wangen
*Music Therapy in
Motion*



**Celebrating
Employment**
Michele Burney,
NDCPD



**From Advocacy to
Game Changer!**
Matthew Shapiro
6 Wheels Consulting



**Come On!!
Don't Settle**
Scott Bernstein
Go Universal



**ABLE Accounts/
Possibilities and
Opportunities**
Vicki Peterson
Family Voices of ND



**Benefits of
Adaptive Sports
for Participants
and the
Community**
Krystal Butgereit
Prairie Grit