



North Dakota Power Up Health Conference

2021 Breakout Session Speakers

Updated 8-18-21

*Note: The breakout sessions will be **pre-recorded** and 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.*



Benefits of Adaptive Sports for Participants and the Community

*Krystal Butgereit
Prairie Grit*



ABLE Accounts/ Possibilities and Opportunities

*Vicki Peterson
Family Voices of ND*



Come On!! Don't Settle

*Scott Bernstein
Go Universal*



From Advocacy to Game Changer!

*Matthew Shapiro
6 Wheels Consulting*



Assistive Tech Goals to Ensure Success,

Krista Opstedal, NDCPD



Celebrating Employment

*Michele Burney, Malinda Kragh & Zoe Winkler,
NDCPD*

