It’s never too early or too late to work towards being the healthiest you.

Registration Costs:
$5/individual
$75/professional - 7 contact hours

Contact Hours:
Up to 7 contact hours available for social work, nursing and SLPs

How to register:
• Register on Eventbrite (www.Eventbrite.com) and search for PowerUp Health Conference
• Or call 1-800-233-1737 and ask for Korie.

Financial Assistance:
Contact the ND State Council on Developmental Disabilities, www.nd.gov/scdd

Contact Info
Questions:
Susie Mack, 800-233-1737
Susie.Mack@MinotStateU.edu

Website:
www.ndcpd.org/powerup

Follow us on social media:
Facebook
Instagram
#powerup2021

“Thank you for the informative conference. Excellent work to everyone who organized and planned this conference. I appreciate the opportunity to attend.”

“This was FANTASTIC for a virtual event! It honestly exceeded all my expectations. I loved every single one of the live speakers and the pre-recorded sessions were so informative as well.”

“This is my first year attending the ND PowerUp convention and I really enjoyed the presentations. They shared valuable information and has given me new ways to serve the people I get to work with daily.”
JOIN US for a day of healthy tips, healthy eating, healthy exercises and healthy well being – all for a healthier you! Our speakers this year cover a range of topics from healthy sleeping to positive attitudes to dance exercising! It will be time well spent with lots of valuable information, healthy tips and fun!

MEET OUR KEYNOTE SPEAKER, MR. ZACH ANNER
If at Birth You Don’t Succeed!

Zach Anner is an award-winning comedian, show host, TV writer, viral sensation, disability advocate, and public speaker. In 2011, he won his own travel show on the Oprah Winfrey Network, Rollin’ With Zach. He tried his hand at sports and fitness on his YouTube series, Workout Wednesdays, and he’s an Ambassador for the Cerebral Palsy Foundation and has worked with UCPLA Wheels for Humanity which supplies wheelchairs to people in developing countries. His videos have over 100 million views over social media platforms.

FEATURED SPEAKERS

Matthew Shapiro
6 Wheels Consulting
Presentation: DisABILITY! Resiliently Thriving in a Covid World!

Emily Wangen
Music Therapy In Motion
Presentation: Music is Everywhere!

PRE-RECORDED BREAKOUT SESSIONS

- Sleep Well, Be Well - Annie Schlecht, Zen Sleeping Consultant
- Mindfulness & Meditation - Kim Zoller, ID360 Inc.
- Come On! Don’t Settle! - Scott Bernstein, GoUniversal
- Celebrating Employment - Michele Burney, Malinda Kragh, and Zoey Winkler, NDCPD
- ABLE Accounts - Vicki Peterson, Family Voices
- Benefits of Adaptive Sports - Krystal Butgereit, Prairie Grit
- From Advocate to Game Changer - Matthew Shapiro, 6 Wheels Consulting
- Make & Take Music - Emily Wangen, Music Therapy in Motion

*all breakout sessions will be pre-recorded and available online after the conference.