

Northwest Regional Spinal Cord Injury System
Rehabilitation Medicine
University of Washington



2019 Spinal Cord Injury Wellness Summit

Saturday, May 11, 12:30 – 5:00 PM

South Campus Center, 3rd Floor
University of Washington, 1601 NE Columbia Rd., Seattle, WA 98195

Living Your Best Life After Spinal Cord Injury

Discover exciting ways to “live your best life” through a variety of presentations and workshops. This year’s sessions include:

- The New SCI Assistive Technology Lab at Harborview Medical Center
- Trending Technology — Hands-Free
- Virtual Reality and Gaming for People with SCI
- Sex and Intimacy after Spinal Cord Injury
- Mindfulness Meditation for Managing Chronic Pain and Promoting Wellness after SCI
- Adaptive Yoga

Free and open to the public. Learn more and register at
sci.washington.edu/summit2019

Presentations ♦ Demonstrations ♦ CEUs for Therapists
Exhibits ♦ Refreshments ♦ Raffle ♦ Networking

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