



North Carolina Spinal Cord Injury Association

presents

# a Day to CONNECT

SATURDAY, JULY 28

9:30 AM TO 4 PM

Noah's Event Center

5180 Paramount Parkway, Morrisville, NC 27560

Yes, you CAN have greater control over your health even though you have a spinal cord injury! Enjoy this very interactive day with international fitness and nutrition experts who work with individuals with SCIs.



Kristin McNealus, DPT, MBA, ATP

Owner, *Every Body Fitness*, an online exercise program for people with physical limitations. [www.ebfitnessonline.com](http://www.ebfitnessonline.com)

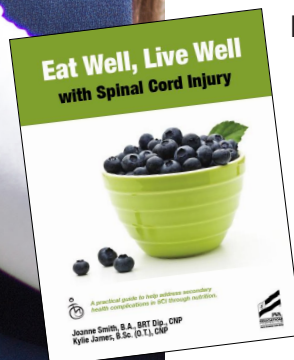
Joanne Smith, BA, BRT, Dip, CNP, and

Kylie James, B.Sc., (OT), CNP

Certified Nutritional Practitioners and co-authors of

*Eat Well, Live Well with Spinal Cord Injury*

[www.eatwelllivewellwithsci.com](http://www.eatwelllivewellwithsci.com)



**The day is FREE with lunch provided**

In addition to the speakers, attendees will enjoy free event t-shirts, vendors and raffles.

## Registration

Please register online at [www.ncscia.org](http://www.ncscia.org) or connect with the NCSCIA at 919-234-4171 or [support@ncscia.org](mailto:support@ncscia.org). Please RSVP by Friday, July 20.