



# JUMPSTART® PROGRAM

## Staying Active (and Cool) This Summer June 17, 2021

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### Program Team

Tammy Roehrs, PT, MA, NCS – Physical Therapist  
Stephanie Nolan, OTR/L – Occupational Therapist  
Sam Benson, PT, DPT – Physical Therapist

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### Program Schedule

#### 3:00pm – 3:15pm ET

2:00 CT / 1:00 MT / 12:00 PT

#### Learn

Information & strategies from Can Do MS coaches

#### 3:15pm – 4:00pm ET

2:15 CT / 1:15 MT / 12:15 PT

#### Practice

Breakout sessions to problem solve

#### 4:15pm – 5:15pm ET

3:15 CT / 2:15 MT / 1:15 PT

#### Apply

Breakout sessions to set your personal goals

#### 5:15pm – 5:30pm ET

4:15 CT / 3:15 MT / 2:15 PT

#### Move forward

Ask questions to Can Do MS coaches & discover resources

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