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## **Living with Spinal Cord Injury - Webinar**

Date and Time

Wednesday 8/19/2020 3:00pm

Event URL

[Register for the webinar](#)

Event Region

Statewide

Event Type

Webinar

Event Cost

\$0.00

Event Description

ACL's National Paralysis Resource Center (managed by the Christopher & Dana Reeve Foundation) hosts a free webinar on August 19 at 3:00 p.m. ET: Living Well with Dr. John--Adjustment through the lifespan. Dr. John will focus on practical tips during the adjustment phases that most individuals with spinal cord injuries encounter at some point (or continuously) throughout their lives post-injury. Dr. John will provide basic concepts, potential trigger reactions, as well as some practical coping strategies. More specifically, topics such as stress, crisis, loss, self-concept, unpredictability, and quality of life will be covered in the webinar. Administration for Community Living can be contacted at (202) 401-4634