

The City of Kingston and the Canadian Paralympic Committee
are pleased to present



Using sport as a vehicle for the rehabilitation and reintegration of persons with a physical disability into the community and onto the playing field.



Presenter: Andrea Andrecky

Andrea Andrecky is a graduate of the 3 year Graphic Design program at St. Lawrence College in Kingston. She was a member of the Canadian National Adaptive Team from 2005-2007. She competed in 2 World Championships in Belgium and Australia bringing home 3 bronze medals for Canada.



Andrea is also a member of the Canadian Association for Disabled Skiers- CADS at Edelweiss Valley in Quebec. Every weekend from January through to February, she volunteers her time to help out children and adults with disabilities learn how to ski. She inspires them to focus on their abilities not their disability.



Presenter: Heidi Penning

Heidi Penning is an Equity Advisor in the Queen's University's Human Rights and Equity Office. She leads the oversight function regarding the University's compliance and commitment to achieving accessibility throughout the Queen's



community. She holds a Masters Degree in Public Administration and is currently working on her PhD in Rehabilitation Science. She is an active volunteer in her community and currently sits on the City of Kingston's Municipal Accessibility Advisor Committee. Heidi is a person living with a neurological disability, has a child with autism, and strongly believes in regular exercise as the best intervention to ensure physical, social, and mental well-being. Heidi brings with her nearly two decades of experience about the way that public policy, human behaviour, and community realities intersect to create sustainable and positive change for equity-seeking groups so they can live, work and play with dignity in their communities.

WED JAN 22, 2014
3-4:30PM

INVISTA Centre
1350 Gardiners Road,
Rona Hall

For further information please contact
Caroline Livingston
clivingston@cityofkingston.ca
or
Dawn Campbell
DCampbell@paralympic.ca