

## Program Information

### Injury Prevention

**Program: It Never Has to Happen to You**

**Audience:** Middle School and High School Health Classes

**Description:** Offered through the ThinkFirst Foundation, this program pairs Julie's captivating story of recovery with basic information on brain and spinal cord structure. Making difficult medical knowledge easy to understand, a medical professional outlines exactly what happened to Julie, proving from a medical standpoint what a miraculous recovery really looks like. Then Julie shares her own story, starting on the day her life changed: May 10, 1993, sharing with students that injury IS preventable.

**Program: Fitness First**

**Audience:** Health Clubs and School Health Classes

**Description:** Julie has been an athlete her entire life. When she woke up in a coma, doctors told her she may never walk—much less run—again. But she knew that the strength and endurance she had acquired as an athlete would help her overcome the incredible odds. Sharing her journey of recovery from the time of her accident to the day she ran a triathlon, Julie shows the good health can save your life.

### Safe Driving

**Program: Learning Responsibility**

**Audience:** High School and Independent Driver's Education Classes

**Description:** Offered through the ThinkFirst Foundation, the Learning Responsibility program helps teen drivers understand that they are not just responsible for themselves and their vehicles but also for every other car on the road. Julie candidly shares the story of her accident when a teenager ran a red light and hit her right in the driver's side of her car. Using her own story as an example, Julie helps teens understand what responsibility really looks like and how they should embrace it every time they get behind the wheel.

### Caring for Patients

**Program: What Matters Most**

**Audience:** Medical Professionals, Medical Students, Rehabilitation Workers, Counselors

**Description:** Doctors and nurses have years of education and training in how to find and cure illnesses. But while Julie was hospitalized after her accident, she realized few valued patient care on an emotional level. Offering a patient's perspective, Julie shows medical professionals how to approach their charges with grace and compassion.

**Program: Patients Are People Too**

**Audience:** Support Groups and Families of Long-Term Patients

**Description:** Patients matter! They are not an injury, they are a person. Support groups and long-term caregivers need encouragement just as much as the patients themselves. With empathy, gratitude, and hope, Julie shares a big THANK YOU for the people who put in so much effort but get so little back. Showing listeners that their work IS noticed, Julie helps caregivers understand that they DO make a difference in providing hope to someone and his/her lowest point.

### Recovery

**Program: The 12 Fs**

**Audience:** Injury Survivors, Families of Survivors, and Support Groups

**Description:** So you suffered an injury. That doesn't mean you have to suffer anymore. Julie had a long road to recovery and it was not without hiccups and setbacks. But she made it. And so can you! In this inspiring and captivating program, Julie outlines the 12 Fs: Faith, Family, Friends, Feelings, Flexibility, Forgiveness, Fearlessness, Fitness, Failure, Fortitude, Finances, and Future. Walking survivors through each step, Julie shows listeners how to accept their injury or any sudden life change so they can move forward with perseverance and hope for a healthy, happy life.

Don't see a program that fits your needs?

Contact Julie at [jp@gobackandbehappy.com](mailto:jp@gobackandbehappy.com) and she will create a program specifically for your audience!

Want to see where Julie has spoken before? Visit [www.gobackandbehappy.com](http://www.gobackandbehappy.com) for more information!