Keynote Speaker, Dr. Yvette Pegues

Coming Back Stronger: Activity as a Form of Advocacy

Dr. Yvette Pegues has T-10 paraplegia from a spinal stroke six years ago. Symptoms that sent her to the hospital began as paralysis on her right side. Before her journey was over, she had decompression surgery because a previously undiagnosed genetic condition called Arnold Chiari Malformation was allowing part of her brain tissue to collapse into her spinal column. “I walked into the surgery, but never walked back out.” At the time of her illness, Yvette was a network systems engineer pursuing a PhD from Harvard. “We went from earning six figures to owing six figures, overnight, with two small kids,” she says. The long road toward Yvette’s new life was full of many harrowing potholes. Yvette encountered extreme pain and nausea often, had violent tremors, and she had trouble controlling her words and emotions. It took her about two-and-a-half years of rehabilitation.

Today, Yvette is a Diversity, Equity, and Inclusion Executive, Diversity Advisor, and Keynote/TEDX Speaker as well as the co-Founder of Your Invisible Disability Group - whose mission is to Empower, Equip, Educate and Include Individuals with Disabilities. In her spare time, she enjoys over 20 adapted sports - from scuba diving to water skiing, horseback riding to golfing, surfboarding to skateboarding, she promotes activity as activism, well-being and self-care.

Yvette will share how therapeutic recreation helped and continues to help her come back sTRonger. Come and learn from Dr. Pegues and many other presenters.

Learn more!

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