

5th Annual

# Cerebral Palsy Family Education Day



**Children's Mercy**  
KANSAS CITY

**Saturday**  
**April 12, 2025**  
**12:30 - 5 p.m.**

**Presented by Children's Mercy**  
**Rehabilitation Medicine Department**

Our event this year will be held at  
Johnson County Arts & Heritage Center  
which includes the Johnson County  
Museum and KidScape.

**Johnson County Arts &  
Heritage Center**

8788 Metcalf Avenue  
Overland Park, Ks. 66212



## Keynote Speaker - Steph Roach

Steph Roach is an entrepreneur, author, motivational speaker, coach, adaptive athlete and wife living with Cerebral Palsy. Steph has been a trailblazer over the past 12 years for the adaptive athletic community and etched her name into the history books becoming the world's first female level two CrossFit trainer, living with Cerebral Palsy.

Over the years, Steph has been no stranger to adversity. During the summer of 2016 she was diagnosed with cancer; Hodgkin's lymphoma stage 3B. Now, 8 years removed and cancer free, she uses her experience as a great reminder as to how precious life can be and how important life can be and how important it is to live with sincere purpose.

The pandemic shifted a lot of people's perspective on life. Everybody went through extremely challenging times, but there were also some pretty incredible things that came out of having to pivot.



In 2020, Steph started a virtual fitness-based business called Staying Driven LLC. Staying Driven caters to the adaptive community at large. Regardless of age, ability or skill level, Steph and her team of coaches allow athletes to see themselves as just that, true athletes with great potential.

It's always been Steph's mission to use her voice and life experience to help change the world for the better. She believes if you can find a path without any obstacles it probably doesn't lead anywhere worthwhile.

# Agenda

12:30 p.m. Arrival & Registration

1 p.m. Introduction and Welcome  
*Moderator: Sathya Vadivelu, DO*  
10 minutes

1:10 p.m. Keynote Speaker  
*Steph Roach*  
45 minutes

1:55 p.m. Break  
10 minutes

2:05 p.m. Hip and Spine Surgery Panel  
*Moderator: Kathryn Keeler, MD*  
30 minutes

2:35 p.m. Announcements and Raffle  
10 minutes

2:45 p.m. Advocacy and Resources Panel  
*Moderator: Sathya Vadivelu, DO*  
30 minutes

3:15 p.m. Break/Announcements/Vendors  
30 minutes

3:45 p.m. Get in the Game: Sports and Fitness Opportunities with CP  
*Moderator: Mark Fisher, MD*  
15 minutes

4 p.m. Closing  
*Moderator: Sathya Vadivelu, DO*  
5 minutes

4:05 p.m. Adaptive Archery  
55 minutes

Visit our guest tables for additional resources:



## Be sure to stop by one of our Children's Mercy tables:

- Rehabilitation Medicine
- Neurosurgery
- Neurology
- Orthopedics
- Parents Offering Parents Support (POPS)

## Fun Activities

- Adaptive archery
- Crafts
- Door prizes will be raffled
- Games
- Snacks
- Photo station
- Bling your wheelchair or Bling yourself!

## Rehabilitation Medicine Contact Information

Web: [childrensmercy.org/departments-and-clinics/rehabilitation-medicine](https://childrensmercy.org/departments-and-clinics/rehabilitation-medicine)  
Phone: (816) 234-3970