



Collin Clarke weighed 201 pounds, with 37% body fat. It was around that same time that the 22-year-old walked by the multi purpose studio at Bob's Gym in Evansville, Indiana where he worked behind the front desk. He peeked inside the room, and spotted personal trainer Glenn Ubelhor practicing his [bodybuilding](#) posing routine in the mirror. That was the moment Clarke's life changed forever. Six months later, he stepped on stage at Kentucky Muscle, a bodybuilding competition in Louisville, wearing only a pair of posing trunks. He weighed 137 pounds, with 7.2% body fat. Clarke's dramatic transformation is both physical and emotional. Training gave him confidence, independence, and a focus of purpose that flooded into other aspects of his life, says his mother Jodie Clarke. Now, when he walks through the doors at Bob's Gym, "I feel happy," says Clarke. "It puts a smile on my face." His new go-to slogan: "Never give up." And he wants to inspire others to live healthier, happier lives, too.

Sponsored by: The North Dakota Center for Persons with Disabilities, a University Center of Excellence on Developmental Disabilities at Minot State University.

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Health Conference

September 22, 2017

Bismarck Event Center

9 am – 4 pm

**A Conference Opportunity
for People with
Disabilities/Families/
Professionals**



Dates:
September 22, 2017

Time: 9:00 am – 4:00 pm
Central Time

Fee:

People with Disability	\$25
Family Member	\$50
Professional	\$75

Registration Begins: 8:00 am

Exhibit Booths Open: 8:00 am-4:00 pm

Opening Keynote: 9:00 am
Collin Clarke

Breakout Sessions: 10:30-11:30 am

Lunch: 11:30-1:00pm
Lunch provided with round table discussion.

Breakout Sessions: 1:00-1:45 pm

Break: 1:45-2:00 pm

Breakout Sessions: 2:00-2:45 pm

Break: 2:45-3:00 pm

Closing Speaker: 3:00-3:45 pm

Door Prizes: 3:45-4:00 pm

Who Should Attend?

Participants who will benefit from Health Conference include; People with Disabilities, Family Members, Human Service Professionals, Staff Trainers, Social Workers, Nurses, Program Coordinators, Qualified Developmental Disabilities Professionals, Developmental Disabilities Program Managers, Direct Service Providers, Leadership Staff and others who participate in and promote Health, Nutrition, Physical Activity in Person Centered Planning.

The Health Conference is a great opportunity to learn about services related to health, fitness and nutrition. It will offer a hands on approach to making physical activity and healthy eating choices fun.

This brochure is available in alternate formats by contacting:
vickie.brabandt@minotstateu.edu

CEUs:

Up to 4 hours of complimentary Social Work CEUs are available for the Health Conference that meet the ND Board of Social Work Examiners criteria for continuing education.

The registration deadline is August 30, 2017
Mail the registration form to address below.

Select Registration Option:

People with Disability	\$25 X	_____
Family Member	\$50 X	_____
Professional	\$75 X	_____

Agency Name _____

Registrant(s) _____

Address _____

Telephone _____

Contact Email _____

Make checks payable to Minot State University:

Mail: Vickie Brabandt, MSU, 500 University Ave W, Minot ND 58707. Credit Card payment (VISA, MasterCard or Discover) phone: 701-858-3047. Any questions about payment should be directed to Vickie Brabandt at (800) 233-1737 ext 3047 or vickie.brabandt@minotstateu.edu

For More Information

EMAIL or CALL:

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North Dakota Center for Persons with Disabilities