

## Workshop 1

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### **The Strong Woman**

The strong woman is in all of us, we just have to determine how to reveal her. In this discussion, we will touch on topics that will help the audience better understand their bodies and what's required to reach their personal physical goals.



*Krista is a Physical Therapist at Integrated Rehabilitation Services whose skateboarding and aggressive in-line skating injuries, combined with an interest in anatomy and kinesiology, led her to a career in Physical Therapy in which she helps others recover from orthopedic injuries. As a physical therapist, she enjoys interacting with her patients while educating and challenging them to reach their goals. Her specializations include: CIDN: Certified in Integrative Dry Needling, CWcHP: Certification for Workers' Compensation Healthcare Providers, Sole Supports Orthotic Fitter, and CMP: Certified Mulligan Practitioner. Krista earned an MSPT from the University of Connecticut and is pursuing a Doctorate in Physical Therapy from Arcadia University.*