

FOR IMMEDIATE RELEASE  
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### **Inspirational Speaker and Paratriathlon Pioneer Tricia Downing to Keynote AOHP's 2017 Annual National Conference**

Inspirational Speaker Tricia Downing will keynote the 2017 Association of Occupational Health Professionals in Healthcare (AOHP) Annual National Conference, scheduled for September 6-9 at the Sheraton Denver Downtown Hotel in Denver, CO. Having made the transition from able-bodied cyclist to an athlete with a disability, Downing knows how to effectively deal with obstacles in reaching for personal goals. Through her presentation *Discover Your Inner Champion* at the September 7 general session, Downing will motivate participants to reach further, take smarter risks and persevere in the face of heartache, challenge and change. She will provide inspiration and offer practical strategies to emerge from adversity and get back on a positive track to personal success.

As a competitive cyclist, Downing was hit by a car while on a training ride on September 17, 2000 and paralyzed from the chest down. She reemerged on the sports scene as a wheelchair athlete just five months after being discharged from the hospital and hasn't stopped since. Recognized as a pioneer in the sport of women's paratriathlon (triathlon for wheelchair athletes), Downing has learned what it takes to perform at the top of her game. She has competed in the sport both nationally and internationally, including distances from sprint to Ironman. Additionally, she has competed for Team USA in duathlon, rowing and target shooting. She competed at the 2016 Paralympic Games in Rio.

Downing is also the Founder and Executive Director for The Cycle of Hope, a non-profit organization, and operates its signature program - Camp Discovery - a retreat for female wheelchair users who want to explore fitness opportunities and create a support system of other women who have experienced mobility disorders/disabilities. She holds master's degrees in both sport management and disability studies and has been a professional speaker for more than a decade. Downing published her memoir, *Cycle of Hope—A Journey from Paralysis to Possibility*, in June 2010, with a second edition published in 2017.

The 36th AOHP Annual National Conference addresses the association's mission to provide members with opportunities for professional growth through education. Nearly 250 occupational health professionals – representing about 25 percent of AOHP's membership – are expected to attend the 2017 conference. This preeminent event, one of the country's largest conferences for occupational health professionals in healthcare, features four days of dynamic educational programming and the exchange of successful research and innovative practices, in addition to an exhibition, opportunities for networking and the ability for attendees to earn continuing education hours in a wide variety of content areas. Conference registration opens soon.

AOHP, the defining authority shaping healthcare worker health, safety and well-being, promotes health and safety for healthcare workers through: advocacy; occupational health education and networking opportunities; health and safety advancement through best practice and research; and partnering with other invested stakeholders.

Sponsorship and exhibitor opportunities for the AOHP 2017 Annual National Conference are still available. Registration opens in early summer. Anyone interested in sponsorship opportunities or registration information should contact AOHP Headquarters at 800.362.4347 or [info@aohp.org](mailto:info@aohp.org). More information about Tricia Downing can be found at [www.triciadowning.com](http://www.triciadowning.com).

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