

PRESS RELEASE
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OPAF First Clinics at Amputee Coalition National Conference

August 22, 2017 – Charlotte, NC – OPAF First Clinics – First Swim, First Dance and First Fit were a featured part of the recent Amputee Coalition National Conference held in Louisville, KY. First Swim offered instruction to amputees on ways to improve their stroke and feel comfortable both in and around the water. Instruction was led by two time World Champion TriAthlete, Mabio Costa. All Swim attendees were presented with Yellow Amputee Coalition sunglasses and Orange Willow Wood beach towels!

First Dance, always a highlight of the conference, was led by clinic co-founder, Curtis Haremza of Clarkston, Michigan. Curtis put our dancers through a series of lessons, from rhumba to fox trot, to a conga line out the door as a final dance move! Tara Bassett of Louisville wrote, “I just want to say this dance teacher is phenomenal. The way he works with people is phenomenal and his gentle spirit shows through with a sense of humore that is contagious. Thanks, Robin, for having him here”



First Fit was led by John Kinder, a below the knee amputee and avid workout specialist himself. John, along with OPAF’s Emma Durante, led over 40 amputees through a series of exercises using a stretch band to give some challenge. The group of First Fit attendees became quite interactive and joined in with tips and suggestions.

OPAF & The First Clinics is looking forward to the 2018 Amputee Coalition National Conference in Tucson and bringing more introductory level adaptive recreation opportunities and possibilities!



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About OPAF: Serving as the philanthropic arm of the US orthotic and prosthetic community, the Orthotic & Prosthetic Activities Foundation (OPAF), develops, implements, partners and hosts adaptive recreational clinics for those with physical challenges. The First Clinics are recognized as leaders in adaptive recreation. Whether this is the first time a participant is trying an activity after illness, injury or episode or the first time they are ever trying, First Clinics offer top notch adaptive instruction specifically for them. Founded in 1995 to support the Paralympic Games in Atlanta, OPAF & The First Clinics have moved forward to offer introductory level adaptive recreation opportunities to everyone, not just the elite athlete. For more information on OPAF and The First Clinics, visit www.opafonline.org.