

## **Letting Other People Into Your Story**

As an Air Force pilot and sports enthusiast/competitor, most of the time I can carry my own extra prosthetic legs (did I mention I'm missing a leg?!). I also pride myself on trying to do everything as "normal" as possible. What I have learned over the years, though, is the more I let other people into my story - the more I let them carry my extra legs for me, or give me piggy back rides when my leg is hurting, or just in general help me with things - the stronger we all are. People want to be supportive and have deeper relationships - we just have to allow ourselves to be vulnerable with each other to get there. Come to this interactive session to hear some of my stories and hopefully share some of your own.

- Lead Presenter: Christy Wise, Davis-Monthan Air Force Base, Arizona
- Room: Terrace