

THE ALABAMIAN

A PUBLICATION OF THE ALABAMA RECREATION AND PARKS ASSOCIATION • FALL 2019



Healthy Activities for the Community





WIN WITHOUT LOSSES



Coach Safety Act Is Law

About the Law:

Proposed in conjunction with the CoachSafely Foundation, the law is the first of its kind to address public concerns about sports injuries for a youth athlete population that is estimated to be **seven times larger than all athletes above 14 years of age**. The implementing, enforcing and administering of the Coach Safety Act is the responsibility of the Alabama Department of Public Health.



- The 2017-18 Alabama Legislative session enacted HB9, called the Coach Safety Act.
- The law brings coaching standards to all the 14 and under aged athletes in Alabama.
- All community or association athletic personnel will now be required to take an annual injury prevention course.
- The law is expected to go into effect November 4, 2018.

Advocated by:

The Coach Safety Act was advocated by Coach Bill Clark of UAB, Coach Nick Saban at the University of Alabama, Coach Willie Slater at Tuskegee University and Dr. Mike Goodlet, team physician to Auburn University.

About the Coach Safely Course:

Led by:

The CoachSafely Foundation in partnership with Children's of Alabama, Encore Rehabilitation and ThreatAdvice.

Developed by:

The course was developed by the Andrews Research and Education Foundation, led by renowned sports medicine pioneer and surgeon Dr. James R. Andrews.

As per the law, the Coach Safely course covers prevention and injury recognition of:



- **Concussions**
- **Heat and Exertion Illnesses**
- **Trauma and Overuse**
- **Sudden Cardiac Arrest**
- **Emergency Action Plan**
- **Physical Conditioning**
- **Equipment Usage**

The course will also cover the physical and emotional characteristics of the youth athlete, information regarding physical and mental abuse awareness, and age appropriate training and tips for communicating with children and parents.



✉ info@coachsafely.org

www coachsafely.org





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The Alabamian is the official publication of the Alabama Recreation and Parks Association (ARPA), an affiliate of the National Recreation and Park Association. The magazine is published by the Alabama Recreation and Parks Association, Inc. as a service to its membership. Submissions of parks and recreation-related articles are welcomed. Opinions expressed in signed articles are those of the authors and not necessarily those of ARPA. Comments/responses should be sent to:

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From the
President
Billy Powell

Too often, when we think of governmental parks and recreation departments, we think only of traditional sports programs like baseball, softball, basketball, football and, now, soccer.

Most all of our ARPA member departments offer those sports for all ages, and that's great. Yet, as parks and recreation leaders, we understand that our departments offer so much more; and we need to help our community members understand it as well.

The National Parks and Recreation Association is emphasizing the role of parks and rec departments in providing healthy activities for communities. Our parks and recreation programs do that every day, whether in a softball or soccer program, or a myriad of other opportunities for community members to get moving in a healthy way and a healthy environment.

Here in Alabama, several departments - Troy and Pelham, for example – have fitness centers with treadmills and cardio equipment. Pelham has an indoor walking track so those committed to daily walking won't experience interruptions in their routine.

Many departments have exercise classes like Zumba in Athens, and water aerobics in most departments with a pool. Anniston also has a great aquatic exercise program designed not only to help people maintain good fitness, but to help people with arthritis get exercise with less pressure on joints and muscles.

Eufaula Parks and Rec offers a senior citizen low-impact aerobics exercise program, and a class that also helps seniors build muscle strength and improve range of motion.

Several of the state's municipal Rec Departments, like Montgomery and Enterprise, have therapeutic wellness programs to promote fitness for persons with disabilities, and many departments have adaptive athletic programs that help people with disabilities to play traditional sports by adjusting play and using equipment to meet their needs.

Walking trails through beautifully-landscaped parks are offered almost everywhere, giving walkers not only a healthy physical activity to do but also the opportunity to connect with nature.

Connecting with nature, combating obesity, aiding in reducing hunger through after-school or summer feeding programs, fostering overall wellness and healthful habits and increasing life expectancy are among the goals and, indeed, the benefits of parks and recreation programs.

We all know that public parks and recreation agencies create healthy communities and play a fundamental role in enhancing the physical environments in which we live. And the social benefits of participating in recreational activities has been proven to strengthen social bonds within communities. It certainly increases the quality of life for people who enjoy sharing experiences and laughs, making friends, relieving stress through activity and finding ways to grow personally.

In fact, as the NRPA emphasizes, our public parks and recreation programs are the gateways to a healthier America, and they ensure that communities are truly livable.

Large segments of the population in our communities are aware of the wonderful impact

(Continued on page 21.)

From the
Executive Director
Natalie Norman



Greetings ARPA members,
Oh, fall is among us! It is hard to believe that we are two months from beginning 2020! Fall has been full of great meetings, Fall Workshop, recreational sports tournaments, our COPP Golf Tournament, and many hours of planning for our 2020 ARPA Annual Conference. Registration information is listed on our state website, as well as the educational sessions, trade show and social event schedule. Please join us as we let the good times roll in Mobile, AL!

More exciting times are to come with State Volleyball, LEAD, State Soccer and, of course, the Conference & Trade Show. Congratulations to this year's upcoming LEAD participants! This is such an awesome opportunity to learn about ARPA, yourselves as professionals, and how to insert yourself as a leader into ARPA.

Our membership drive is under way for 2020, and we look forward to welcoming back those that are renewing as well as those that will be joining for the first time.

As the end of 2019 approaches I cannot say thank you enough to our current ARPA Leadership for your service and progressive thinking. Thank you for your dedication to the profession and our Association and for being present and engaged.

I always find myself excited about what our profession brings and what it is capable of bringing. As we move forward, 2020 will not disappoint and will be one more exciting year added, as each have been, since 1943! We have such a strong foundation on which to build. We will be breaking in a state-of-the-art website, increasing educational opportunities through our partnership with the Alabama Recreation and Parks Foundation, and growing our membership. All of which will allow us to do what we are here to do, enhance the quality of life for those that we serve, reach those communities that are in need, and make a difference as we move forward.

“Park and Recreation agencies are leaders in improving the overall health and wellness of the nation.” NRPA

Through providing physical activity for both youth and adult, increasing access to recreational and physical activity, youth community gardening, converting lots into green spaces, food and nutrition programs, just to name a few, we enhance our physical environments and create healthy communities for all.

Thank you for all that you do and for providing such healthy activities for our communities!

Sincerely,
Natalie Norman, CPRP
Executive Director

Healthy Activities for the Community



Boaz - Community Activities

Skinny Turkey

Last year, we introduced the first Skinny Turkey 5K/10K as a fundraiser for Second Chance Shelter, a non-profit, no-kill dog shelter that saves and houses dogs until they can be adopted to their forever home. The race is an annual event welcoming runners from all over the state. Both routes start and end at the Boaz Rec Center, following through local landmarks and suburban areas. The race is a great way to promote exercise and healthy activities for the community. The 2019 Skinny Turkey 5K/10K will take place on Saturday, November 30. Registration is available online at runsignup.com and at the Boaz Rec Center. We look forward to the event continuing to grow and create an opportunity for healthy lifestyles for all ages.



days a week including a walk around the track and, during the warmer months, a cool down in the splash pad. This is a great way to encourage not only a healthy lifestyle but also an outdoor activity within the community.

Pickleball

We are thrilled to begin offering pickleball as a way for individuals to exercise and stay active. In the near future, we plan to host a pickleball clinic as a way to introduce the sport to the area and provide a new opportunity for healthy activities. The sport will take place at the Boaz Rec Center and the Boaz Senior Center. We are excited to bring this fast growing sport to the community.

OMP – Senior Center

The Boaz Parks and Recreation Department has plans to coordinate with the Boaz Senior Center to create a walking program at the new city park. Old Mill Park is home to a 1/4 mile walking track as well as a fully interactive splash pad. Members of the Senior Center will be invited to join us for an outdoor workout 2



Huntsville - Healthy Huntsville

Led by Mayor Tommy Battle and the City's Parks & Recreation Department, Healthy Huntsville is sponsored by the following non-profit organizations: City of Huntsville, Huntsville Hospital, Huntsville City Schools, HudsonAlpha, and the Huntsville-Madison County Health Department. These organizations are working with the community to offer FREE programs throughout the year to help educate our citizens on wellness and good physical health.

Our goal is to: "Reduce obesity by promoting healthy eating and active lifestyles."

WHY HEALTHY HUNTSVILLE?

Alabama is the second most obese state in the country with a rate that exceeds 30 percent. Obesity has reached epidemic proportions in Alabama, and Healthy Huntsville wants to lead the change.

"It takes time, but a lot can happen in four months," said Mayor Battle. "A person can lose 10 or 15 pounds, they can begin to make better food choices, and they can get off that couch."

According to Battle, Huntsville can no longer afford to ignore the impact that obesity has on the quality of our lives and our health care spending.

"We want to be the catalyst for change and to show our citizens that there is a better way. We already know that Huntsville is one of the smartest places to live in the country. If we can raise awareness about the serious health risk that obesity has on the quality and longevity of our lives and how easily those extra

pounds can lead to diabetes, then we can also make Huntsville one of the fittest places."

HOW CAN YOU PARTICIPATE?

Healthy Huntsville focuses on the core concepts of nutrition and exercise to encourage our residents to embrace healthy lifestyles. Healthy Huntsville will provide you with nutrition and fitness tips, healthy recipes, and more.

NUTRITION CLASSES

Healthy Huntsville and Huntsville Hospital Wellness Centers offer free nutrition classes during select times of the year. These are free one hour classes given by licensed dieticians with the theme of "Good Nutrition for Busy People." The upcoming series in October will focus on healthy eating this holiday season.

GROUP FITNESS

Healthy Huntsville and Huntsville Parks & Recreation host free group fitness classes in Big Spring Park East every Saturday in May and June. These classes range from Zumba to Yoga to Pound to row machines. The idea is to get fresh air and try something new!



Huntsville - Healthy Huntsville

WALKING

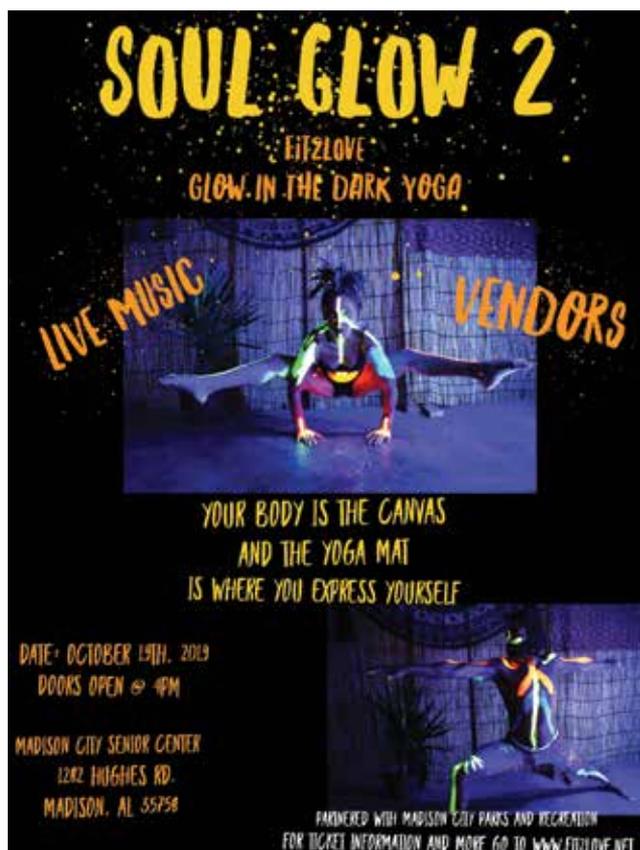
Healthy Huntsville loves to encourage people to start being more active through walking. Many different signature walks are hosted throughout the year. A large festival type walk is hosted in Big Spring Park in the spring and then a walk at the Huntsville Botanical Gardens and a walk with Arts Huntsville are hosted by Mayor Tommy Battle in the fall.

Follow Healthy Huntsville on Facebook to see the most up-to-date tips and events being offered.



Madison - Glow in the Dark Yoga

Glow in the Dark Yoga is intended to bring awareness to the growing yoga community in Madison, AL by showcasing skill sets of different creatives, artists, yogis and capoeira.



Auburn - Active Auburn Campaign

Launched in August 2017, Active Auburn is a health and wellness campaign presented by Auburn Parks and Recreation. The campaign is designed to encourage Auburn residents to get active in Auburn and connect them with their fellow residents and City parks and facilities. This quarter, Active Auburn will host a number of recreation or fitness-centered events to highlight parks, recreation facilities or important areas of Auburn. This October we are excited to announce that Haunted Zumba is making its way back to Auburn! This Latin, dance-based, exercise program gets our Auburn-Opelika residents moving through some spooky, kooky and creepy dance moves.

Another popular Active Auburn event is the yearly Jingle Jog 5k & Santa Stroll Fun Run held in December. For this year's 3rd annual run, we invite Auburn residents to gather and ring in the holiday season in style! This community run, beginning at Toomer's Corner, allows families and friends to get active together. To stay up-to-date with events



Auburn - Active Auburn Campaign

and join the Active Auburn movement, please visit activeauburn.org or follow Active Auburn on Facebook (@activeauburn) or Instagram (@activeauburnal).

Auburn Parks and Recreation is also bringing a new farmers market to town! City Market invites the community, growers and consumers alike to spend their Saturday's at Town Creek Park, exploring the wonderful fresh, local and handmade products that Auburn residents have to offer. Bringing together vendors selling products ranging from crafts, to bakers, to produce, Auburn Parks and Recreation is excited to provide the area with an easy way to access healthy and homegrown foods. The Fall Market will be held every Saturday in October and the 2020 Spring Market will run every Saturday May, June, July and August.

For more information on Auburn Parks and Recreation healthy activities, programs and events, visit our website at www.auburnalabama.org/parks.



Opelika - Sports Plex Senior Health and Resource Fair



Opelika - Active Events



Free pop-up fitness class at Southern Union State Community College



Casey Soules, Opelika-Auburn Pickleball Club President



Opelika Pickleball Facility

Phenix City - Central Activity Center

The Central Activity Center in Phenix City had a luau for their seniors. The seniors had an amazing time! There were about 75 people that attended. The Central Activity Center was closed for some time so that some upgrades could be made to center's AC units. The seniors of Phenix City are happy to be back! Check it out below.



Dothan - Healthy Activities for the Family Combines Giving Back as a Community at Dothan Eastgate Park “Howling at the Moon”

When Dothan Leisure Services created a program for helping the Dothan Animal Shelter with a Food Drive, the opportunity presented the residents of the Dothan Wiregrass area a chance to become involved and help as a community. “Howling at the Moon” was September 14 at the Eastgate Park Pavilion, across from the Eastgate Dog Park.

The event hosted a Dog Fashion show, complete with a “Biker Babe” Chihuahua and

Continued on page 16.



Volunteers from Harvest Church taking in food



Eastgate Dog Park

Dothan - Healthy Activities for the Family

(continued)

a Jack Russell owned by Pam and Jerome Jackson with a mini Elvis suit that resembles the one Jerome actually wears in his Elvis Show. The Dothan Ice Cream Company created special “Dog Pupsicles” for the event. Local Food trucks, vendors, veterinarians, and educational booths were set up through the park to provide animal education and advocacy opportunity.

The Dog Park area was full of kids with fur family everywhere, jumping in baby pools and playing on the dog course. This event was a win-win with plenty of outdoor healthy family activity, as well as community involvement with the food drive. The event took in over 675 pounds of dry dog and cat food and cases of dog and cat canned food.

-Submitted by Debbie Reed



Bandit, Elvis impersonator



Dothan Ice Cream Pupsicles



Biker Babe



Enterprise - Pickleball

One of the new programs we brought to Enterprise in 2016 and continue to grow and bring people of all ages outdoors is pickleball. Pickleball is one of the fastest growing sports in the nation and can be played by all ages and of all skill levels. In Enterprise, it first became popular with our senior citizens, which is a demographic we are always working to keep physically, mentally, and socially active. Our seniors love pickleball because the court is half the size of a tennis court, we foster doubles play, and it does not require full range, powerful swings, but short, accurate shots. To start introducing pickleball to our younger players, we worked with our local elementary schools to put on pickleball programs for their P.E. classes. We also hired a pickleball coach that provides demos at our community events and host's playing sessions for anyone interested, several days a week. So, come on out and play pickleball with us on our newly restored pickleball courts at our Jug Brown facility!



Call for Articles!

If you would like to be published in a future issue of *The Alabamian Magazine*, please send your article and any graphics to the State Office at norman@arpaonline.org.

The theme for the next issue is “Keeping Senior’s Active.”

What do you do to keep seniors in your community active and engaged?

The deadline for consideration in the Winter 2020 issue is January 3rd.

Please call 334-279-9160 with any questions.

Eufaula - Health and Wellness

Top priority here at the Eufaula Community Center is health & wellness, so it's crucial we offer our citizens a variety of healthy activities to choose from.

PickleBall, combining elements of tennis, badminton & ping-pong is a fast growing sport at the Eufaula Community Center (ECC). It's proven to be easy to follow & competitive for all ages. A large group meets once a week inside the Community Center gym, enjoying this fun, new activity.

Jamie & Angie Stephens, husband and wife personal training duo, offer their services to ECC patrons daily. Members and non-members are encouraged to set fitness goals and hold themselves accountable to those goals through Jamie & Angie's professional guidance. Weekly, bi-weekly & monthly sessions are available.

Instructor, Linda Coogan, recently introduced ECC guests to Tai-Chi. This program, known to improve balance, posture, muscular strength and flexibility (among other things) is available four times each week with both morning & evening classes to choose from. Linda Coogan is a Registered Nurse, Author, Inspirational Speaker, Board Certified Integrative



Nursing Coach, Life, Health & Business Coach & Tai-Chi instructor. The Eufaula Community Center is proud to have her on our team!

Water Aerobics with Martha Shew, a low-impact aerobics class held in the shallow end of the ECC pool, is offered multiple times each week. Martha helps her students build strength, increase metabolism and improve coordination. Cardio, Strength & Core with Jennifer Lunsford, offering both morning & evening classes, helps participants burn fat, increase endurance and gain muscle through interval training sessions. SilverSneakers Classic, with Carrie Smith, is offered twice a week at the ECC. Sponsored by the SilverSneakers Health & Fitness Program, this class is designed to improve activities for daily living while increasing strength & range of movement.

Eufaula - Health and Wellness

In addition to the activities listed above, on any given day you can find ECC guests lap swimming in our competitive sized pool, enjoying the indoor track, shooting basketball, playing a game of racquetball or working up a sweat in our fully-equipped fitness room. These amenities are offered daily and are available to members and non-members of the ECC.

It's important that our community stay active and their best chance to do that is here with us at the Eufaula Community Center. For more information about the Community Center or the Eufaula Parks & Recreation department, please visit www.eufaularecreation.com.



Eufaula - Jaxon Life Senior Center

Seniors engage in strengthening exercises using bands during chair exercise classes led by volunteers every Monday, Wednesday and Friday at Jaxon Life Senior Center in Eufaula, AL.

Jaxon Life Senior Center, located in Eufaula, AL, strives to enrich the lives of older adults by supporting their independence and healthy aging through opportunities for good nutrition, social interaction, recreation, and education. We serve over 100 local seniors through our many programs.

Nutritious lunches are provided through a federal grant managed by the Southern Alabama Regional Council on Aging. Meals are served at the Center, as well as delivered to homebound seniors, every Monday through Friday. Educational materials concerning nutrition are distributed and discussed weekly with our participants. The Center also helps seniors in need of supplemental nutritional resources by purchasing food through the Food Bank of East Alabama and by helping them apply for The Brown Bag Program of the Wiregrass and the Senior Farmers Market Nutrition Program.

The Center is a great place for older adults to socialize over games, such as card games or dominoes, or to participate in the many other activities offered. Volunteers lead our participants in quilting and sewing projects, arts and crafts projects, and mentally challenging games such as bridge and chess. Trips to the mall, movie theater, restaurants, and other area attractions encourage participants to stay engaged with our community.

The Center promotes physical activity with a variety of programs. Chair exercise classes, taught by volunteers every Monday, Wednesday, and Friday, include low-impact exercises that improve flexibility and balance. Seniors can enjoy learning line dancing routines on Monday afternoons and Silver Sneakers exercise classes on Tuesdays and Thursdays at the adjacent Eufaula Community Center. Raised-bed gardening and group walks at Eufaula's Old



Creek Town Park provide a fun way to interact with others while enjoying some exercise in fresh air and sunshine.

“Exercise class motivates me to get out of my bed and come to the Center,” said participant Pat Hill. “After having had back surgery, my doctor requires me to get up and move. I enjoy the company of my friends while exercising. It is spiritual for me.”

Speakers and workshops on diabetes, fall prevention, fraud prevention and other safety issues help our seniors learn the skills they need to manage their health and personal matters so they can live healthy and active lives. Our local Area Agency on Aging is a great resource for educational materials and assistance in finding services for our seniors so that they may remain independent and safe in their homes for as long as possible.

President's Letter Continued

Billy Powell

Parks and Recreation's healthy activities have them. We are happy for the participation and seeing how our programs change and improve lives.

However, we know we haven't reached everyone. More people could get moving and benefit from the programs we offer in our communities. The NRPA advises us to create and foster relationships that advance healthy activities; increase understanding of health challenges within our communities and establish strategies for promoting and improving overall community health; and always communicate the importance of fitness and healthy activities within your community. Try to

reach as many people as possible with the message of your parks and rec program.

I ask that we continue to improve our opportunities for healthy living and continue to provide services that will help people of all abilities, ages, socio-economic backgrounds and ethnicities. If we do that, and communicate that message, we can help people improve their lives as never before.

Sincerely,
Billy Powell
2019 ARPA President



ARPA 2020 Conference

January 26-28, 2020

Renaissance Riverview Plaza
64 South Water Street
Mobile, Alabama 36602

Visit our website to Register!
www.arpaonline.org

Parks and Recreation: A TRUE HEALTH SOLUTION



People who use parks and recreation spaces are **3 times** more likely to achieve the recommended levels of physical activity than non-users.

Older adults engage in over **3.5 times more physical activity** in parks with walking loops.³

Children in summer camps at park and recreation sites report a **20% increase** in fruit and vegetable knowledge⁴

www.nrpa.org/Health

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2. Cohen, D.A., Han, B., Derose, K.P., Williamson, S., Marsh, T., Raaen, L., and McKenzie, T.L. (2016). The paradox of parks in low-income areas: Park use and perceived threats. *Environment and Behavior*, 48(1), 230-245.
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Local park and recreation agencies provide health and wellness opportunities for all populations in communities across the country. As America continues to face serious health issues parks and recreation offer an affordable and accessible solution. Share with your communities the impact you are having on their health!

Parks and open spaces more likely recommended for physical activity users¹

Organized activities in parks in low-income neighborhoods can increase park use by as much as 25%²

73% of adults believe parks, trails, and open space are an essential part of the healthcare system⁵

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RESEARCH**

Promoting activity-friendly communities.



NRPA National Recreation and Park Association

Because everyone deserves a park

2019

Calendar of Events

November

- 2-3** Youth Flag Football State Tournament
Trussville, AL
- 5-7** LEAD
Mentone, AL
- 23-24** ARPA State Soccer Tournament
Dothan, AL

December

- 4** ARPA Board Directors Meeting
ARPA State Office, Montgomery, AL
- 9-11** CPSI Course + Exam
Hoover, AL

January 2020

- 26-28** 2020 ARPA State Conference
Mobile, AL