



## *News Release*

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## **Century College Hosts Transformation Speaker Matthew Sanford April 22**

The 2009 Century College Campus Conference on April 22 has the theme of “Transformation” and will feature a keynote address by Matthew Sanford, founder of a non-profit dedicated to transforming trauma, loss and disability into hope and potential. The keynote address will be from 9 to 10 a.m. on the East Campus Lincoln Mall.

Paralyzed at age 13 in a devastating car accident that killed his sister and father, Sanford, now 43, founded Mind Body Solutions to help people awaken the connection between mind and body. An author, speaker and yoga teacher, Sanford has brought his message to nationwide audiences. His memoir *WAKING: A Memoir of Trauma and Transcendence* received a Minnesota Book Award in 2007.

Sanford has used his pioneering experience with yoga, paralysis and disability to transform rehabilitation and also reach out to veterans who may need services.

In addition to the keynote speaker, the Century College Campus Conference features concurrent sessions such as “My Life Transformed” (a discussion of how higher education changes lives), “Students for a Worthy Cause” (students give presentations about non-profit projects), “Transformations in Paint” (art

students have a display in the Science/Library Building) and “Preparing Our Children for Tomorrow: Green Activities, Habits and Behaviors.”

The public is invited to attend all campus conference events.