

“Stroked for Life” Dinner & Show  
Stockton Empire Theatre, May 28, 2009  
Speaker Profile

Kate Adamson, author of *Paralyzed but not Powerless* is speaking in Stockton, CA at the 2<sup>nd</sup> Annual Stroked for Life Dinner & Show, May 28, 2009



Against one-in-a-million odds, Kate Adamson overcame total paralysis from a devastating double brainstem stroke. The mother of two small toddlers was completely locked inside her body. Over time Kate started communicating by blinking. Kate could think – and she could blink - that’s all she could do. It was like being locked in a glass coffin. This survivor of Locked-in Syndrome proves that paralysis is not powerlessness and that we can achieve the impossible by focusing on the possible. Now more than 10 years later Kate is sharing her incredible story of recovery with audiences across the country.

Kate was appointed to the University of Southern California, Division of Biokinesiology and Physical Therapy Board of Counselors. She has served as a national spokesperson for the American Heart Association and the American Stroke Association, is a board member of the Stroke Association of Southern California. She was the subject of a major fundraising film produced by the American Heart Association. Kate is the award winning author of the book, *Paralyzed but not Powerless*.

Her story has been featured in many national magazines, including *Redbook*, *Prevention*, *Vim & Vigor*, *Caregiver*, *Stroke Smart*, *Stroke Connection* and *The Female Patient*. Last year Kate was a national finalist in *Prevention* Magazine’s Picture of Health promotion and has appeared on Larry King Live, Good Morning America, The Bill O’Reilly Factor, The Abrams Report, Fox News, MSNBC, ABC, NBC, 700 Club, Coral Ridge Ministries, TBN and Lifetime.

Kate’s message is mesmerizing and encouraging. She helps us “eliminate our personal and professionally paralysis”. Kate will be speaking in Stockton, CA on May 28<sup>th</sup> at the Stockton Empire Theatre, located at 1825 Pacific Avenue, Stockton, CA 95204. Tickets are \$47.00 and can be purchased at the Empire Theater’s Espresso Café or at [www.healingsinmotion.com](http://www.healingsinmotion.com) . For more information, call 209-234-2802.

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