



## Quotes

Rhythm & RESILIENCE  
with Dr. Michelle Robin

**“Participating,  
Spectating and  
Celebrating!”**

- KATHY NELSON

DAY 16  
Guest: Kathy Nelson



Rhythm & RESILIENCE  
with Dr. Michelle Robin

**“Make opportunities  
that give us a chance to  
celebrate each other.”**

- KATHY NELSON

DAY 16  
Guest: Kathy Nelson



Rhythm & RESILIENCE  
with Dr. Michelle Robin

**“It's critical to  
celebrate the  
small wins.”**

- KATHY NELSON

DAY 16  
Guest: Kathy Nelson



## Mentioned In The Video

Donate to KC Sports Commission: <https://www.sportkc.org/about-us/get-involved/support-us>