



EMpower support and skills groups are designed to help current and alumni NFL athletes continue the brotherhood while learning the mental skills to be elite on and off the field.

SUPPORT GROUPS FOR THE PROS

BENEFITS OF THE EMPOWER PROGRAM

- Anxiety/depression reduction
- Coping skills development
- Career transitioning
- Emotion regulation
- Managing injury/chronic pain
- Strengthen social relationships



Hosted by Dr. Scott Leydig, Sport Psychologist

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Partnered with Memorial Healthcare System

Dr. Marvin K. Smith

Board Certified Orthopedic Surgeon

Ray Shipman

Former NFL linebacker

Director of Business Development,
Memorial Sports Medicine Center



Memorial
Orthopaedic Surgery and
Sports Medicine Center