



# Empowerment3

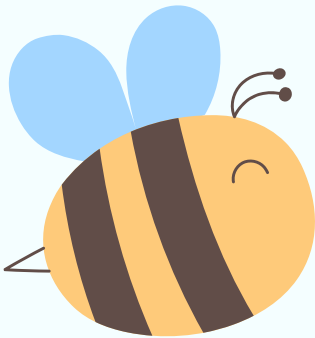
## Spring 2024 Program Guide

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**Session Dates: FEB 10- APR 28**

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Points of view or opinions do not, therefore, necessarily represent official ACL policy.



**REGISTER  
HERE BY:  
February 3rd,  
2023**



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# EMPOWERMENT3

## (E3)

### OVERVIEW

Our Mission: We seek to empower **individuals and their families, professionals** (in-service and pre-service), and **communities** using physical activity, mentorship, and social connection.

What We Do: E3 conducts **programming, research, training, and provides support** to improve physical and emotional health, community participation, and quality of life of individuals, increase disability literacy and self-efficacy of professionals, and challenge communities to become ability first.

Whom We Serve: E3's health promotion efforts serve Individuals with disabilities (physical, intellectual, behavioral, visual, hearing.), older adults, refugees, English language learners, and at-risk youth.

***All programs have specific spots for peers without disabilities to promote inclusion.***

We serve participants across the Valley, Virginia, and nationwide.

Research: E3 explores questions across **participants, families, pre-service/in-service professionals, and communities** (e.g., barriers to participation; improvements in physical and mental health, community participation, and social determinants of health; increases in disability literacy and self-efficacy).

Program Fees: Fees are in the descriptions of each program. Grant funds offset program fees. Scholarship funds are available for those unable to pay due to circumstances. Please pay program fees to *James Madison University (JMU), Memo Line, [Empowerment3](#)*.

LET'S DISCOVER YOUR ABILITIES! - REGISTER TODAY!

# PROGRAM POLICY

PROGRAM GUIDE - SPRING 2024

## PROGRAM ENROLLMENT REQUIREMENTS

1. All participants (mentees) must submit all paperwork electronically, mail the forms, or drop off the documents to enroll. Mentees can call E3 (540-568-4877) to complete initial paperwork if needed. **Mentees must meet a “consent to participate form,” which requires a doctor’s signature to enroll.**
2. Mentees must submit paperwork and program fees at the start of the first program. Spots are limited, and while you may have a space reserved, your program slot is not guaranteed until payment is received. Without submission of the appropriate paperwork, the organization is liable if an injury occurs and documentation is not on file.
3. E3 conducts Community-Based Participatory Research (CBPR) to determine the impact of our programming on mentees, mentors, caregivers, and instructors. Pre-post testing is completed by all mentees, with their mentor, during each program’s first and last week. In addition to research, data collection will establish individualized program goals and assess program improvement at the end. **This impact data is essential to our programming and E3’s ability to secure funds to keep fees down.**
4. Mentees agree to attend all scheduled programs. If a participant must miss a program due to illness, family conflict, travel/weather concern, etc. – a guardian or caregiver will notify the specified program contact (in advance if possible). Please remember that our mentors are volunteers; if a mentee does not show up, the volunteer believes they are no longer needed and often drops out, leaving us short-handed if the participant attends future weeks.



# PROGRAM POLICY

PROGRAM GUIDE - SPRING 2024

## APPROPRIATE PROGRAM ATTIRE

1. Please ensure the mentee has appropriate footwear (sneakers/tennis shoes) for land-based programs. Ensure clean flip-flops, crocs, or water shoes for water-based programs.
2. Please ensure the mentee wears appropriate athletic wear to programs.  
Land programs: Shorts or exercise pants and a t-shirt;  
Water programs: One-piece bathing suit, shorts/t-shirt, or two-piece.  
Proper attire ensures participant safety as well as protects mentors and equipment.

## PROGRAM FEES

1. Program fees are **paid to James Madison University (JMU)**, memo line: *Empowerment3*. **Full or Partial scholarships are available - based on financial need** (written justification needed – e.g., fixed income, SSI, economic hardship). Mentees on scholarship may be limited to one program depending on program availability. Grant funds or independent donors provide scholarship support. Many thanks to our donors.

## INCLEMENT WEATHER POLICY

1. If JMU OR Harrisonburg City Schools are closed, programs are automatically canceled. We will cancel programs if the weather is unsafe.
2. If we cancel programs the day before, mentees will be notified by e-mail. If we cancel the day of programs, mentees will receive an e-mail and call/text. Cancellations will post on social media as well.

## PHOTO RELEASE

Empowerment3 takes photos/videos during programs and events to use in our newsletters, training for volunteers and staff, and promotional or educational materials. Participants or Guardians must indicate their photography preference during registration.

# E3 PROGRAMMING

## FRAMEWORK

Physical Activity & Nutrition: We offer **small group and one-on-one** programming via *face-to-face, virtual, and hybrid* formats.

1:1 Mentorship/Coaching: Each participant has a one-on-one mentor who provides **individualized instruction and support**. A mentor **participates alongside their mentee** in all activities.

Our mentors are pre-professional students across *30 different academic programs* (e.g., kinesiology, health sciences, pre-med, pre-PT, pre-OT, psychology, social work, education/special education, engineering) at James Madison University. We also have Eastern Mennonite University, Bridgewater College, and Blue Ridge Community College mentors.

Social Connection: E3 believes **same-age and cross-age peer engagement** is essential! During small group programs, mentees and mentors engage with other participants to facilitate communication and social inclusion. Individuals celebrate their successes with peers during one-on-one programs by posting to our social media.

## PROGRAM KEY



Face to Face Group  
Program  
(F2F)



Virtual or Hybrid  
(Zoom, Facetime,  
or Preferred Method)



Face to Face Individual  
Program  
(F2F)

\*Note: If you see multiple symbols, the program is available in all listed formats

**LOCAL**  
*WEDNESDAY*  
**HARRISONBURG**  
**&**  
**ROCKINGHAM**  
**COUNTY**  
**PROGRAMS**

*THURSDAY*

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SESSION DATES: FEB 10- APR 28

**LOCAL PROGRAMS**

*SESSION DATES: FEB 10- APR 28*

**MONDAY**



**THRIVE**

Location: Pleasant View Inc.

Day Program

1:00-2:00 PM



First Tee Golf

5:00 - 6:00 PM



Builders & Bulldozers

6:00 - 7:00 PM



Soccer

5:30 -6:30 PM

**TUESDAY**

Unified Basketball

7:00 - 8:00 PM



Ninja Warrior

5:00-5:45 PM OR 6:00-6:45 PM



**WEDNESDAY**

Kidnastics:  
5:30-6:30 PM



Fitness for All:

5:30-6:20 PM OR 6:30- 7:20 PM



**THURSDAY**

Dinner Club  
5:15-6:45 PM



Dance & Yoga

5:00 - 6:00 PM



**LOCAL PROGRAMS**

*SESSION DATES: FEB 10- APR 28*

**FRIDAY**

Fitness for All:  
5:00-5:45 PM OR  
6:00-6:45 PM



**SATURDAY**

Beginner/Intermediate Aquatics  
9:30 - 10:20 AM  
10:30-11:20 AM



**SUNDAY**

Challenger Baseball  
3:00 - 4:00 PM



Masters Aquatics  
3:00 - 4:00 PM





# LOCAL PROGRAM OPTIONS

## HARRISONBURG/ ROCKINGHAM COUNTY THRIVE: TRANSFORMING HEALTH THROUGH RELATIONSHIPS VIA IN-PERSON OR VIRTUAL ENVIRONMENTS

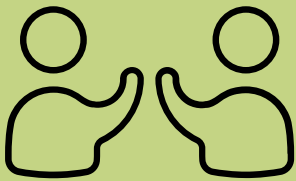
MONDAY: 1:00-2:00 PM

THRIVE offers adults with intellectual or developmental disabilities a spectrum of physical activity, wellness, nutrition, and social connection activities to improve their fitness, emotional health, and quality of life.

**Age Groups:** 15+

**Price:** \$55

**Location:** Pleasant View Inc. Day Program



# LOCAL PROGRAM OPTIONS

BRAND NEW PROGRAM!

## **BUILDERS & BULLDOZERS**

MONDAYS: 6:00-7:00 PM

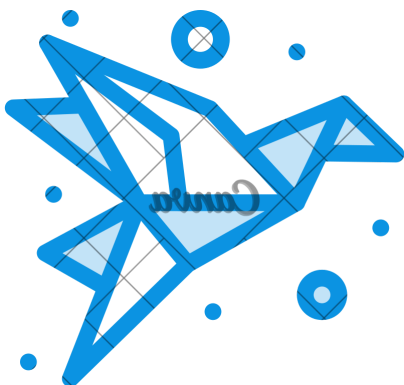
Builders and Bulldozers allows participants to challenge themselves through a variety of gross and fine motor activities. This program will target adolescents and young adults as they learn problem solving and teamwork skills through meaningful, authentic exploration.

In Builders and Bulldozers, mentees will improve their fine motor movements. Leads will coordinate fun, hands-on projects to test small muscle movements in the hands and fingers to aid in growth and development throughout the lifespan. Activities include building, origami, etc.

**Age Groups:** 12 +

**Price:** \$55

**Location:** Godwin Hall



# LOCAL PROGRAM OPTIONS

## FIRST TEE GOLF PROGRAM

MONDAYS 5:00 - 6:00 PM

Get your golf clubs out and start practicing your swing because Empowerment3 is partnering with First Tee of Shenandoah Valley to bring you an adapted golf program.

**Age Groups:** 8-12, 13-18, 19+

**Price:** \$55

**Location:** First Tee of Shenandoah Valley  
690 Garbers Church Rd, Harrisonburg



 **first tee**  
shenandoah valley



# LOCAL PROGRAM OPTIONS



BRAND NEW PROGRAM!

## SOCCER

MONDAYS: 5:30-6:30 PM

In this adapted soccer program, individuals can learn and refine their soccer skills. Improve your ball control, dribbling, passing, and scoring skills with your mentor! Through interactive games and activities, mentees will be able to socialize and learn the value of teamwork.

Participants split into teams according to their age group and their assigned coach will design developmentally appropriate exercises.



**Age Groups:** 3-7; 8-13, 14-18, 19+

**Price:** \$55

**Location:** Harrisonburg OR Waynesboro



# LOCAL PROGRAM OPTIONS

BRAND NEW PROGRAM!

## UNIFIED BASKETBALL TUESDAYS 7:00 - 8:00 PM

Empowerment3 is partnering with Special Olympics College Club to provide an inclusive basketball program. Participants have the opportunity to play on an intermural college basketball team. In order to participate, participants must be ambulatory.

**Age Groups:** 18-35

**Price:** FREE

**Location:** University Recreation Center



# LOCAL PROGRAM OPTIONS

## NINJA WARRIOR

TUESDAY 5:00-5:45 P.M. OR 6:00-6:45 P.M.

Do you love American Ninja Warrior?

Train like a Ninja with adapted versions of the show's most iconic obstacles! Improve motor skills, body control, cardiovascular endurance, upper body strength, and balance while allowing participants to work on social and communication skills in an authentic environment.

Participants will move through varying obstacle courses and physical challenges to complete each station at their own pace and ability level.



**Age Groups:** 3-7; 8-13; 14-18; 19+

**Price:** \$55

**Location:** Godwin Hall,  
Combatives Room





# LOCAL PROGRAM OPTIONS



## KIDNASTICS

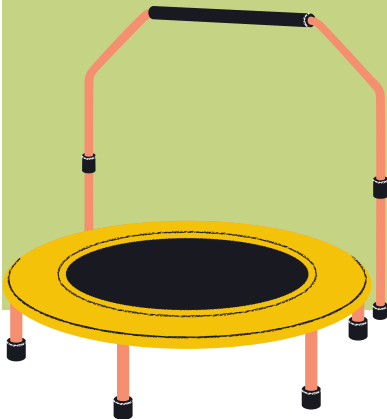
WEDNESDAYS 5:30 - 6:30 PM

BACK BY POPULAR DEMAND

A child-centered approach to gymnastics that incorporates elements of traditional and educational gymnastics. Participants with and without disabilities work on skills and ability-specific challenges alongside their 1:1 mentor.

Skills focused on: rolling, balancing, vaulting (movement on your hands), jumping, cardiovascular fitness, and muscular strength.

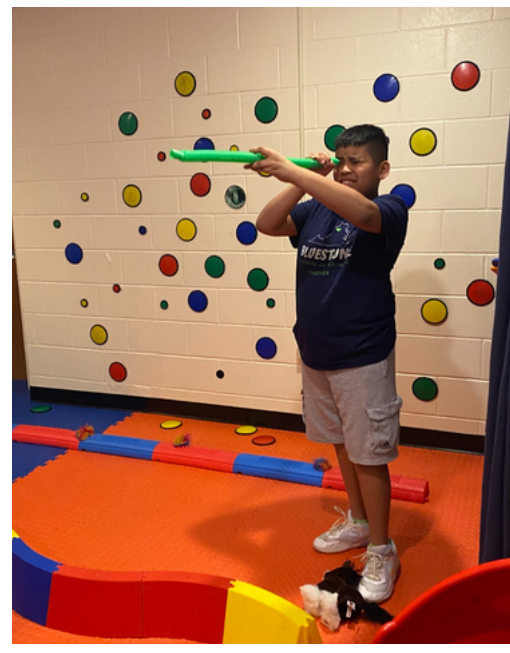
At the end of the program, participants perform an ability showcase or routine.



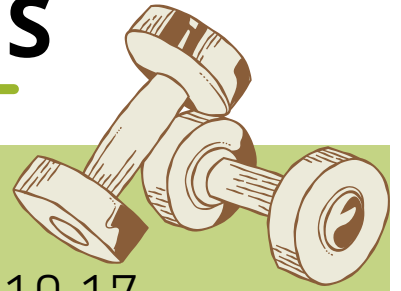
**Age Groups:** 2-5, 6-9, 10-12

**Price:** \$55

**Location:** Godwin Hall, JMU  
Room 137



# LOCAL PROGRAM OPTIONS



## FITNESS FOR ALL

WEDNESDAY: 5:30-6:20 PM- AGES 10-17  
6:30-7:20 PM - AGES 18+

FRIDAY: 5:00-5:45 PM- AGES 10-17  
6:00-6:45 PM - AGES 18+

This program allows individuals of all ages and ability levels to explore a community program of their choice for a semester (face-to-face) or design a virtual fitness session alongside their mentor/coach.

### Example Opportunities:

- Individuals with brain Injury completing a personalized workout
- An individual with cerebral palsy and his mentor created their full-body workouts to do together
- An individual with spastic quadriplegia showed off his boxing skills each week.



**Age Groups:** 10-17; 18+

**Price:** \$55

**Location:** Godwin Hall, JMU  
Room 116





# LOCAL PROGRAM OPTIONS

## DINNER CLUB

THURSDAYS 5:15 - 6:45 PM

### WE'RE COOKING AGAIN

This program includes nutrition education, meal planning, cooking skills, and meal preparation. Participants get to take home their meal to enjoy.

Many thanks to JMU Health Professions/Dietetics for using the state-of-the-art food lab.

*Seeking Program Sponsors to Cover Food and Supplies*

**Age Range:** 12 and up

**Price:** \$75

**Location:** College of Health and Behavioral Sciences (CHBS) Building, JMU G012 Teaching Kitchen

### Program Partners:

JMU Health Professions, Dietetics, and Kinesiology



# LOCAL PROGRAM OPTIONS



## DANCE & YOGA THURSDAY: 5:00-6:00 PM

In this NEW program, Empowerment3 instructors will teach dance moves to fun songs AND guide participants through yoga positions. This program is a great way for your participants to move their bodies, express themselves, have fun, and relieve stress.

**Age Groups:** 2-5, 6-9, 10-13

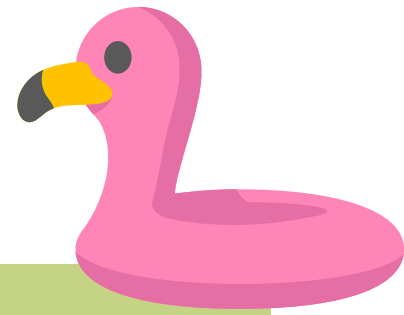
**Price:** \$55

**Location:** Godwin Hall, JMU  
Room 137





# LOCAL PROGRAM OPTIONS



## **BEGINNER/INTERMEDIATE AQUATICS** SATURDAYS 9:30 -10:20 AND 10:30 -11:20 AM

### ALL AGES WELCOME

Whether you need to gain the necessary skills to be able to become more independent in the water or wish to improve your current swimming skills – this swimming program is for you!

Our program provides individualized and small group instruction designed to meet each individual's present level of performance and comfort in the water.

Sessions are 50 minutes in length.  
Participants are in age and ability-specific groups.



**Age Groups:** 3-99

**Price:** \$75

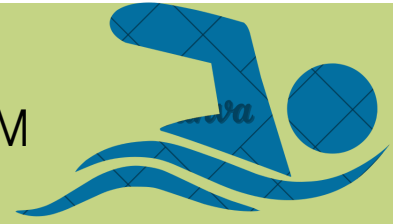
**Location:** University Recreation Center, JMU





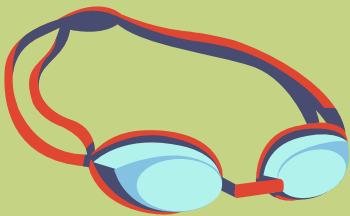
# LOCAL PROGRAM OPTIONS

## MASTERS AQUATICS SUNDAYS 3:00 - 4:00 PM



Participants who sign up for this program should be able to swim at least one lap. Masters aquatics participants work on their swimming technique, learn specific strokes, and increase their cardio-respiratory endurance.

Each swimmer has an individualized program to challenge their current abilities and progress toward their goals.



SPONSORED BY:  
**Frank and Melissa Ballif**  
in celebration of Troy Haverstrom

**Age Groups:** 3-99 (must be able to swim a length of the pool)

**Price:** \$75

**Location:** University Recreation Center (UREC), JMU



# LOCAL PROGRAM OPTIONS

## CHALLENGER BASEBALL SUNDAYS 3:00 - 4:00 PM

Empowerment3 has partnered with Harrisonburg Little League Association (HLLA) to offer Challenger Baseball.

Players with disabilities are matched with 1:1 buddies to support their success on the field while ensuring safety and fun for all!

HLLA allows players from all counties across the Shenandoah Valley to enroll in addition to Harrisonburg City residents.



**Age Groups:** 5-Adult

**Price:** \$25

**Location:** Purcell Park, Harrisonburg

Rain Location: Godwin Hall, JMU



## SPONSORED BY:

HARRISONBURG LITTLE LEAGUE ASSOCIATION (HLLA)







Shenandoah Valley  
Inclusive Wellness Coalition



WEDNESDAY

# ***SPRING 2024***

# **REGIONAL**

# ***PROGRAMS***

SESSION DATES: FEB 10 - APR 28



## **REGIONAL PROGRAMS**

*SESSION DATES: FEBRUARY 10 - APRIL 28*

FRIDAY

OrthoAbility

Location: Augusta  
Health

Time slots:

10:00-10:45 a.m.

11:00-11:45 a.m.

OrthoAbility

Location: Brooks YMCA  
Charlottesville

Time slots:

12:30-1:20 p.m.

1:30-2:20 p.m.

## **All Regional Programs**

Ages: 15+

Price: \$55



# OrthoAbility

OrthoAbility offers children and adults with physical disabilities and their families, across Virginia, a spectrum of **physical activity**, **wellness**, **nutrition**, and **social connection** activities to improve their physical and emotional health.



- Engage in weekly activities with a one-on-one mentor
- Small group or individualized activities
- Face-to-face in your local community or virtual (zoom or phone)

## Participants Will Receive:



Fitness Monitor



Activity Backpack



THRIVE Calendar



THRIVE Activity Packet



Empowerment3  
Connected Wellness

For more  
information, scan  
here!



# Transforming Health through Relationships via In-Person or Virtual Environments (THRIVE)

THRIVE offers children and adults with intellectual or developmental disabilities a spectrum of **physical activity**, **wellness**, **nutrition**, and **social connection** activities to improve their fitness, emotional health, and quality of life.



- Engage in weekly activities with a one-on-one mentor
- Small group or individualized activities
- Face-to-face in your local community or virtual (zoom or phone)

## Participants Will Receive:



Fitness Monitor



Activity Backpack



THRIVE Calendar



THRIVE Activity Packet



Empowerment3  
Connected Wellness

For more  
information, scan  
here!





# Program Options

Research Outcomes Collected on **All Participants:**  
**Pre-Post Changes** in **Physical** and **Emotional Health**

## Face-to-Face Programs:

Participants join a program within their local community. An OrthoAbility/THRIVE team member provides support to the participant or instructor.



## Activity Packets:

Participants and their 1:1 mentor utilize a personalized THRIVE packet with physical activity, wellness, and nutrition activities.



## Virtual Programs:

Participants across the state can join a class or an individualized physical activity session via zoom with the support of a 1:1 mentor!



## Control Group:

Participants receive theme-based content to use on their own to improve overall health. No weekly programming or mentorship.



To sign up for one of these program groups, scan QR code or contact us at [empowerment3@jmu.edu](mailto:empowerment3@jmu.edu)



Shenandoah Valley  
Inclusive Wellness Coalition



WEDNESDAY

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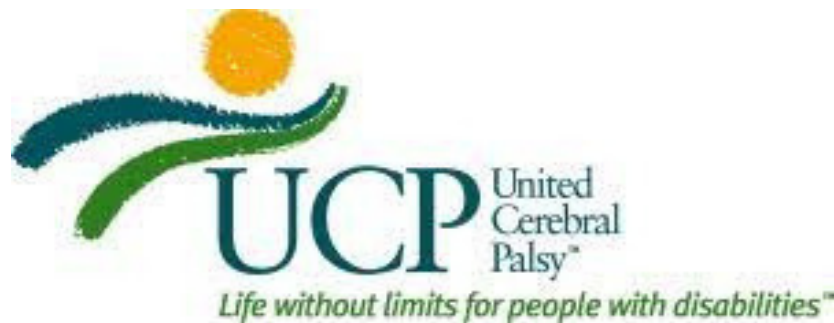
# ***SPRING 2024***

# **NATIONAL**

# ***PROGRAM***

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THRIVE Cerebral Palsy



3 DAY



# THRIVE CP



THRIVE CP offers children and adults with cerebral palsy and their families nationwide a spectrum of **physical activity**, **wellness**, **nutrition**, and **social connection** activities to improve their physical and emotional health.



- Ages 2-100 engage in weekly activities with a one-on-one mentor
- Small group or individualized activities
- Face-to-face in your local community or virtual (zoom or phone)
- Pre and post changes in physical and emotional health collected

SPECIFIC SMALL  
GROUP PROGRAM  
DAY & TIMES TBD

**Price: \$55**



To sign up, scan QR code or  
contact Empowerment3 at  
540-568-4877 or  
[empowerment3@jmu.edu](mailto:empowerment3@jmu.edu)



# THRIVE CP Free Resources

Monthly Activity Packets and Calendars: with access to videos, worksheets, recipes, and more

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## February

Sponsored by:

SUN
MON
TUE
WED
THU
FRI
SAT

To participate in Empowerment5 Programs fill out this registration link: <https://www.svwc.org/empowerment5>

<p>5</p> <p>"IF YOU WANT TO BE A SUPERHERO, YOU'RE GOING TO HAVE TO BE WILLING TO DO SOMETHING YOU'VE NEVER DONE."</p> <p>—JOHN JOHNSON</p>	<p>6</p> <p><b>SUPERHERO SLIDES</b> P.100 - P.120 PP P.120 - P.130 PP P.130 - P.140 PP P.140 - P.150 PP P.150 - P.160 PP P.160 - P.170 PP P.170 - P.180 PP P.180 - P.190 PP P.190 - P.200 PP P.200 - P.210 PP P.210 - P.220 PP P.220 - P.230 PP P.230 - P.240 PP P.240 - P.250 PP P.250 - P.260 PP P.260 - P.270 PP P.270 - P.280 PP P.280 - P.290 PP P.290 - P.300 PP P.300 - P.310 PP P.310 - P.320 PP P.320 - P.330 PP P.330 - P.340 PP P.340 - P.350 PP P.350 - P.360 PP P.360 - P.370 PP P.370 - P.380 PP P.380 - P.390 PP P.390 - P.400 PP P.400 - P.410 PP P.410 - P.420 PP P.420 - P.430 PP P.430 - P.440 PP P.440 - P.450 PP P.450 - P.460 PP P.460 - P.470 PP P.470 - P.480 PP P.480 - P.490 PP P.490 - P.500 PP P.500 - P.510 PP P.510 - P.520 PP P.520 - P.530 PP P.530 - P.540 PP P.540 - P.550 PP P.550 - P.560 PP P.560 - P.570 PP P.570 - P.580 PP P.580 - P.590 PP P.590 - P.600 PP P.600 - P.610 PP P.610 - P.620 PP P.620 - P.630 PP P.630 - P.640 PP P.640 - P.650 PP P.650 - P.660 PP P.660 - P.670 PP P.670 - P.680 PP P.680 - P.690 PP P.690 - P.700 PP P.700 - P.710 PP P.710 - P.720 PP P.720 - P.730 PP P.730 - P.740 PP P.740 - P.750 PP P.750 - P.760 PP P.760 - P.770 PP P.770 - P.780 PP P.780 - P.790 PP P.790 - P.800 PP P.800 - P.810 PP P.810 - P.820 PP P.820 - P.830 PP P.830 - P.840 PP P.840 - P.850 PP P.850 - P.860 PP P.860 - P.870 PP P.870 - P.880 PP P.880 - P.890 PP P.890 - P.900 PP P.900 - P.910 PP P.910 - P.920 PP P.920 - P.930 PP P.930 - P.940 PP P.940 - P.950 PP P.950 - P.960 PP P.960 - P.970 PP P.970 - P.980 PP P.980 - P.990 PP P.990 - P.1000 PP</p>	<p>7</p> <p><b>VIRTUAL GLASS</b> P.100 - P.120 PP P.120 - P.130 PP P.130 - P.140 PP P.140 - P.150 PP P.150 - P.160 PP P.160 - P.170 PP P.170 - P.180 PP P.180 - P.190 PP P.190 - P.200 PP P.200 - P.210 PP P.210 - P.220 PP P.220 - P.230 PP P.230 - P.240 PP P.240 - P.250 PP P.250 - P.260 PP P.260 - P.270 PP P.270 - P.280 PP P.280 - P.290 PP P.290 - P.300 PP P.300 - P.310 PP P.310 - P.320 PP P.320 - P.330 PP P.330 - P.340 PP P.340 - P.350 PP P.350 - P.360 PP P.360 - P.370 PP P.370 - P.380 PP P.380 - P.390 PP P.390 - P.400 PP P.400 - P.410 PP P.410 - P.420 PP P.420 - P.430 PP P.430 - P.440 PP P.440 - P.450 PP P.450 - P.460 PP P.460 - P.470 PP P.470 - P.480 PP P.480 - P.490 PP P.490 - P.500 PP P.500 - P.510 PP P.510 - P.520 PP P.520 - P.530 PP P.530 - P.540 PP P.540 - P.550 PP P.550 - P.560 PP P.560 - P.570 PP P.570 - P.580 PP P.580 - P.590 PP P.590 - P.600 PP P.600 - P.610 PP P.610 - P.620 PP P.620 - P.630 PP P.630 - P.640 PP P.640 - P.650 PP P.650 - P.660 PP P.660 - P.670 PP P.670 - P.680 PP P.680 - P.690 PP P.690 - P.700 PP P.700 - P.710 PP P.710 - P.720 PP P.720 - P.730 PP P.730 - P.740 PP P.740 - P.750 PP P.750 - P.760 PP P.760 - P.770 PP P.770 - P.780 PP P.780 - P.790 PP P.790 - P.800 PP P.800 - P.810 PP P.810 - P.820 PP P.820 - P.830 PP P.830 - P.840 PP P.840 - P.850 PP P.850 - P.860 PP P.860 - P.870 PP P.870 - P.880 PP P.880 - P.890 PP P.890 - P.900 PP P.900 - P.910 PP P.910 - P.920 PP P.920 - P.930 PP P.930 - P.940 PP P.940 - P.950 PP P.950 - P.960 PP P.960 - P.970 PP P.970 - P.980 PP P.980 - P.990 PP P.990 - P.1000 PP</p>	<p>8</p> <p><b>VIRTUAL GLASS</b> P.100 - P.120 PP P.120 - P.130 PP P.130 - P.140 PP P.140 - P.150 PP P.150 - P.160 PP P.160 - P.170 PP P.170 - P.180 PP P.180 - P.190 PP P.190 - P.200 PP P.200 - P.210 PP P.210 - P.220 PP P.220 - P.230 PP P.230 - P.240 PP P.240 - P.250 PP P.250 - P.260 PP P.260 - P.270 PP P.270 - P.280 PP P.280 - P.290 PP P.290 - P.300 PP P.300 - P.310 PP P.310 - P.320 PP P.320 - P.330 PP P.330 - P.340 PP P.340 - P.350 PP P.350 - P.360 PP P.360 - P.370 PP P.370 - P.380 PP P.380 - P.390 PP P.390 - P.400 PP P.400 - P.410 PP P.410 - P.420 PP P.420 - P.430 PP P.430 - P.440 PP P.440 - P.450 PP P.450 - P.460 PP P.460 - P.470 PP P.470 - P.480 PP P.480 - P.490 PP P.490 - P.500 PP P.500 - P.510 PP P.510 - P.520 PP P.520 - P.530 PP P.530 - P.540 PP P.540 - P.550 PP P.550 - P.560 PP P.560 - P.570 PP P.570 - P.580 PP P.580 - P.590 PP P.590 - P.600 PP P.600 - P.610 PP P.610 - P.620 PP P.620 - P.630 PP P.630 - P.640 PP P.640 - P.650 PP P.650 - P.660 PP P.660 - P.670 PP P.670 - P.680 PP P.680 - P.690 PP P.690 - P.700 PP</p>
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(February Edition)



## Activity Backpack: w/ equipment & monitor

## Access to Online Wellness Apps:



## Connected Wellness with a health coach



## Exercise Buddy

Funds for this research project were provided by the United Cerebral Palsy Research Grant Program administered by United Cerebral Palsy.

WEDNESDAY

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# ***OTHER EMPOWERMENT3 OPPORTUNITIES***

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THURSDAY



## Shenandoah Valley Inclusive Wellness Coalition (SVIWC):

### INDIVIDUALS & CARETAKERS



#### ABOUT US

#### WHO WE ARE

SVIWC 's mission is to bring together organizations and advocates to make a more inclusive Shenandoah Valley. We strive to provide resources and opportunities to underserved communities such as children and adults with disabilities, English language learners, refugees, seniors, alongside all communities

#### YOUR ROLE IN SVIWC

#### WE NEED YOUR HELP

Individuals and Caretakers primarily benefit from the Coalition! However, to optimize the SVIWC experience it is important for individuals and caregivers to share their perspectives (e.g., successes struggles, needs, etc.) Your voice will make programs and services more appropriate and inclusive. SVIWC needs you!

## HOW SVIWC CAN HELP YOU!



#### SCHOLARSHIP

Discounted enrollment in community wellness programs for individuals with disabilities.



#### CONNECTION

The coalition provides a place to connect with other individuals and families who share similar experiences.



#### SUPPORT

SVIWC will help support and advocate for your needs to make sure that you have access to inclusive programming.

For more information visit the link or contact:  
valleyiwc@gmail.com or call (540) 568-4877

[WWW.INCLUSIVEWELLNESS.ORG](http://WWW.INCLUSIVEWELLNESS.ORG)





## Shenandoah Valley Inclusive Wellness Coalition (SVIWC):

# DISABILITY ADVOCATES AND SERVICE PROVIDERS



### ABOUT US

## WHO WE ARE

SVIWC's mission is to bring together organizations and advocates to make a more inclusive Shenandoah Valley. We strive to provide resources and opportunities to underserved communities such as children and adults with disabilities, English language learners, refugees, seniors, alongside all communities

### YOUR ROLE IN SVIWC

## WE NEED YOUR HELP

Disability Advocates and Service Providers are essential in sharing the needs and desires of the population(s) they serve. Advocates are also needed to educate and support wellness organizations about the needs of underserved populations.

## HOW SVIWC CAN HELP YOU!



### DATA

SVIWC collects data regarding gaps and demands for inclusive programming.



### CONNECTION

The coalition provides a place to network and connect with other organizations and advocates.



### ACCLAIM

Help the Shenandoah Valley become known for supporting individuals with disabilities!

For more information visit the link or contact:  
valleyiwc@gmail.com or call (540) 568-4877

[WWW.INCLUSIVWELLNESS.ORG](http://WWW.INCLUSIVWELLNESS.ORG)

# Empowerment3 Connected Wellness

Empowering Individuals to Showcase Abilities & Improve Health

Empowerment3's virtual health coaching and care coordination platform support individuals with disabilities and caregivers to take control of their own physical and emotional health.

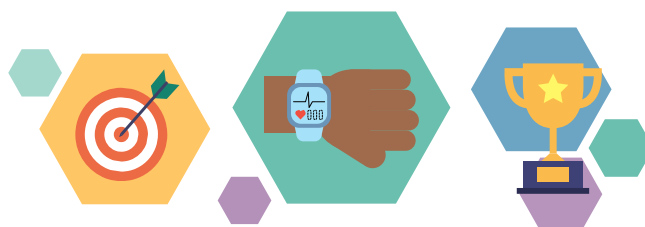
Click [here](#) to see a video example of the platform.

## Join our Connected Wellness Program!

- ★ **Game changing** – previous Connected Wellness users saw 55% reduction in depression and lowered HbA1c by 0.86%. Let's see how it will impact your health!
- ★ **Personalized** – Each user completes an assessment & meets with a health coach to customize program features.
- ★ **100% virtual** – Meet with your coach, utilize the health library & participate in wellness classes from home.

## The program includes:

- ✓ A personal health coach to support your achievement of health and wellness goals for six (6) months
- ✓ An online platform/app to track your health goals, such as exercise, eating well, and managing stress
- ✓ Online exercise and mindfulness sessions
- ✓ Credible information on topics like high blood pressure, nutrition, diabetes, stress, and more
- ✓ Tools to set goals and journal on your progress
- ✓ Opportunity to take part in challenges and win prizes!



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# Empowerment3 Connected Wellness

## What are the next steps?



**Click this [link](#) to indicate your interest.**

If you are using a smartphone, you can scan this QR code to sign up: You will receive an invitation email from us once you are approved.



**Set up your account and profile.**

Enter your basic information and complete your onboarding questionnaires. This information will help us set up your program and will help your health coach best support you. Personal information remains confidential.



**Download the NexJ Health Coach app.**

Use the platform by browser or through our app. We recommend downloading the app for easy access to message your health coach. Search for "NexJ Health Coach" in the app store.



**Connect with your health coach.**

Your health coach will send you a welcome message to get started. Your coach is a regulated healthcare provider and will work with you 1:1 to answer your questions and support you.



**Begin working towards your health goals.**

Check out the goal setting workbook and speak with your health coach to set a goal and determine the best strategy to get there. Set up relevant trackers to monitor your progress.

## What opportunities are available to me?

*A limited number of subscriptions are available for FREE.*

*Organizations supporting individuals with disabilities and caregivers will be given a specified number of subscriptions to offer to your clients for FREE.*

*Additional subscriptions are available, at cost, to any individual with disabilities, caregiver, or community member with unmet physical and emotional health needs.*

Questions? Email us at [empowerment3@jmu.edu](mailto:empowerment3@jmu.edu)





# Spring Fling

**SAVE THE DATE**

**Empowerment 3 hosts an annual Spring Fling to celebrate the end of our spring programs! Mark this date on your calendar. More information will be provided as this date approaches.**

**SATURDAY, APRIL  
27th, 2024**





# Many Thanks to our Program Partners



## Grateful for our Program Sponsors



FRANK AND MELISSA BALLIF

# PROGRAM REGISTRATION

PROGRAM GUIDE - FALL 2023

## CONSENT TO PARTICIPATE FORM



Medical Form Signed by a  
Doctor -  
(Must be completed every 12  
months)

<https://bit.ly/3QBainN>

## REGISTRATION LINK



[https://www.cognitoforms.com/  
Empowerment3CenterJMU/Spri  
ng2024ProgramRegistration](https://www.cognitoforms.com/Empowerment3CenterJMU/Spring2024ProgramRegistration)

Full or Partial Scholarships are  
available - based on financial need

Transportation may be provided, if  
resources allow

# Empowerment3 Leadership

Dr. Thomas Moran, Executive Director

[morante@jmu.edu](mailto:morante@jmu.edu)

Erick Teo-Abrego, Presidential Engagement Fellow

[teoabree@jmu.edu](mailto:teoabree@jmu.edu)

## Program or Research Questions??

Become a  
Program Partner or Sponsor

### Center Contact Info

#### **Empowerment3**

*Center for Physical Activity and Wellness for the  
Underserved*

James. Madison University

Department of Kinesiology

261 Bluestone Dr., MSC 2302

Harrisonburg, VA 22807

Ph: 540-568-4877

E-mail: [empowerment3@jmu.edu](mailto:empowerment3@jmu.edu)