



Discover Your Abilities!

Participate in an **Ability First** Program

JMU's **Empowerment3 Center** and **UVA Health** are studying ways to improve the physical and emotional health of children & adults *with and without* disabilities (2-99), their caregivers, and family members. We invite **you** to participate!

Sign up for a **FREE Ability First** enrollment event:

- Test your skills and abilities through games and activities
- Learn about community wellness opportunities
- Receive resources to support your wellness at home (see back for more info)

Participants need to return for a follow-up event March 24th or 25th.



Icons: Freepik at FlatIcon.com

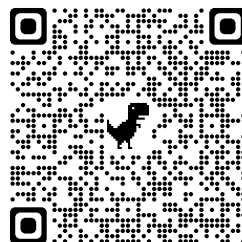
Register by 1/26 for an Ability First Event (choose one):

Friday, Jan. 27th

5:00-7:00 PM

Saturday, Jan. 28th

10:00 AM-12:00 PM



To register, scan the QR code or contact Sydney Hilovsky at 540-568-4877 or hilovssl@dukes.jmu.edu

Location: Rivermont School • 1354 8th Street, SW • Roanoke, VA 24016



The study has been approved by the IRB, protocol # 22-3050

Free Resources for 100 Participants!

Monthly Activity Packets and Calendars

(with access to videos, worksheets, recipes and more)

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Week 1

- Holiday Fitness BINGO..... 4
- Snow Day Workout..... 5
- Lower Extremity Strengthening Exercises..... 6
- 30 Day Water Challenge..... 7
- Almond Flour Thumbprint Cookies..... 8
- Holiday Lights Scavenger Hunt..... 9

Week 2

- Countdown to Exercise..... 11
- Flip a Coin Workout..... 12
- Rudolph Workout..... 13
- Nutrition Label Activity..... 14
- Candied Yams..... 15
- Winter Break Bucket List..... 16

Week 3

- Pokemon Workout..... 18
- 52 Pickup Exercises..... 19
- 7 Min HIIT For Kids..... 20
- Classic Potato Latkes..... 21
- 3 Can Chili..... 22
- Dreidel Craft..... 23

Week 4

- 12 Days of Christmas Workout..... 25
- Family Fitness Challenge..... 26
- A to Z Workout..... 27
- Fruit and Veggie Crossword Puzzle..... 28
- Healthy Hot Chocolate..... 29
- Kwanza Coloring Sheet..... 30

Shenandoah Valley Inclusive Wellness Coalition (SVIWC) THRIVE Calendar

SUN	MON	TUE	WED	THU	FRI	SAT						
<p>DECEMBER</p> <p>We encourage you to complete these activities with your family members and/or your mentor</p> <p>Sponsored by:</p>			<p>1 VIDEO LINK SEATED UPPER BODY EXERCISE ELIZABETH@SHVWELLNESS.ORG</p>	<p>2 WORKSHEET CURE HUNGER CRAVINGS WITH MINDFUL EATING ELIZABETH@SHVWELLNESS.ORG</p>	<p>3 RECIPE LOW FAT GINGERBREAD COOKIES ELIZABETH@SHVWELLNESS.ORG</p>	<p>4 QUOTE OF THE WEEK "THE WAY WE ENCOUNTER MANY DEFEATS BUT WE MUST NOT BE DEFEATED." - MAYA ANGELOU</p>	<p>5 WORKSHEET CARDIO AND CORE WORKOUT ELIZABETH@SHVWELLNESS.ORG</p>	<p>6 VIDEO LINK THE ULTIMATE RESISTANCE BAND ROUTINE ELIZABETH@SHVWELLNESS.ORG</p>	<p>7 RECIPE OATMEAL BANANA PECN BLUEBERRY PANCAKES ELIZABETH@SHVWELLNESS.ORG</p>	<p>8 MENTAL WELLNESS REDUCE TENSIONS AND STRESS BY BELLY BREATHING ELIZABETH@SHVWELLNESS.ORG</p>	<p>9 VIDEO LINK THE BENCH WORKOUT ELIZABETH@SHVWELLNESS.ORG</p>	<p>10 INTERACTIVE WINTER CELEBRATIONS ELIZABETH@SHVWELLNESS.ORG</p>
<p>11 QUOTE OF THE WEEK "KEEP YOUR FACE POINTS TOWARD THE SUNSHINE - AND SHADOWS WILL FALL BEHIND YOU." - WALT DISNEY</p>	<p>12 WORKSHEET DEAD CALENDAR ELIZABETH@SHVWELLNESS.ORG</p>	<p>13 MENTAL WELLNESS A SHORT MEDITATION ELIZABETH@SHVWELLNESS.ORG</p>	<p>14 VIDEO LINK ADAPTIVE CARDIO STRENGTH WORKOUT ELIZABETH@SHVWELLNESS.ORG</p>	<p>15 WORKSHEET REALLY SPOEL WORKOUTS ELIZABETH@SHVWELLNESS.ORG</p>	<p>16 RECIPE FUN HOLIDAY SNACK IDEAS ELIZABETH@SHVWELLNESS.ORG</p>	<p>17 WORKSHEET ELEMENTARY AID AND BODY CALENDAR ELIZABETH@SHVWELLNESS.ORG</p>						
<p>18 QUOTE OF THE WEEK "CHANGE YOUR THOUGHTS AND YOU CHANGE YOUR WORLD." - NORMAN VINCENT PEALE</p>	<p>19 HAPPY HANUKKAH! INTERACTIVE MY PLATE MATCH GAME ELIZABETH@SHVWELLNESS.ORG</p>	<p>20 VIDEO LINK THE 'ELE' CHRISTMAS WORKOUT ELIZABETH@SHVWELLNESS.ORG</p>	<p>21 WORKSHEET HOLIDAY COLORING SHEET ELIZABETH@SHVWELLNESS.ORG</p>	<p>22 RECIPE CHALLENGE BREAD RECIPE ELIZABETH@SHVWELLNESS.ORG</p>	<p>23 WORKSHEET 30 DAY WATER CHALLENGE ELIZABETH@SHVWELLNESS.ORG</p>	<p>24 MENTAL WELLNESS LONG TERM GOALS WORKSHEET ELIZABETH@SHVWELLNESS.ORG</p>						
<p>25 WORKSHEET DECEMBER FITNESS CHALLENGE ELIZABETH@SHVWELLNESS.ORG</p>	<p>26 RECIPE GREEN BEAN CASSEROLE ELIZABETH@SHVWELLNESS.ORG</p>	<p>27 VIDEO LINK MOVE NOW TRAINING SERIES ELIZABETH@SHVWELLNESS.ORG</p>	<p>28 WORKSHEET 12 DAY FITNESS CHALLENGE ELIZABETH@SHVWELLNESS.ORG</p>	<p>29 VIDEO LINK 20 MINUTE GENTLE YOGA ELIZABETH@SHVWELLNESS.ORG</p>	<p>30 HAPPY KWANZAA!</p>	<p>31 HAPPY CHRISTMAS!</p>						

(December edition)

Activity Backpack

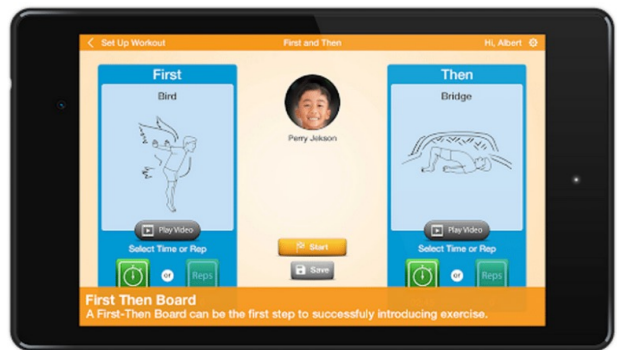
(with fitness equipment)



Access to Online Wellness Apps



Connected Wellness with a health coach



Exercise Buddy

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