Funding for this project/product was supported, in part, by the Virginia Board for People with Disabilities, under grant number 2101VASCDD, from the U.S. Administration for Community Living (ACL), Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.
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, and 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!
E3 PROGRAMMING

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 (F2F)  
Virtual or Hybrid (Zoom, Facetime, or Preferred Method)

*Note: If you see both, the program is available in all formats
# FALL 2022

## SMALL GROUP PROGRAMS

**SESSION DATES:** 9/10-11/18

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
</tr>
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<tbody>
<tr>
<td>Project CLIMB</td>
<td>Family Game Night</td>
</tr>
<tr>
<td>5:30 - 6:30 p.m.</td>
<td>6:30 - 7:30 p.m.</td>
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<table>
<thead>
<tr>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>I-Care</td>
<td>Dinner Club</td>
</tr>
<tr>
<td>11:30 am - 12:30 pm</td>
<td>5:00 - 6:30 p.m.</td>
</tr>
<tr>
<td>Kidnastics</td>
<td>Superhero Training</td>
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<tr>
<td>5:00 - 6:00 p.m.</td>
<td>5:30 - 6:30 p.m.</td>
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</tbody>
</table>

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**Many Thanks to our Program Partners**

![Image of program partners logos]
# FALL 2022 SMALL GROUP PROGRAMS

**SESSION DATES:** 9/10-11/18

<table>
<thead>
<tr>
<th><strong>FRIDAY</strong></th>
<th><strong>SATURDAY</strong></th>
<th><strong>SUNDAY</strong></th>
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<tbody>
<tr>
<td><strong>Fit &amp; Fun</strong>&lt;br&gt;4:00 - 5:00 p.m.&lt;br&gt;Dance into the Weekend&lt;br&gt;4:30 - 5:30 p.m.</td>
<td><strong>Beginner/Intermediate Aquatics</strong>&lt;br&gt;9:30 - 10:20 a.m.,&lt;br&gt;10:30-11:20 a.m.&lt;br&gt;<strong>I-CARE</strong>&lt;br&gt;11:00 a.m. - 12:00 p.m.</td>
<td><strong>Challenger Baseball</strong>&lt;br&gt;3:00 - 4:00 p.m.&lt;br&gt;<strong>Masters Aquatics</strong>&lt;br&gt;4:00 - 5:00 p.m.</td>
</tr>
<tr>
<td><strong>SATURDAY</strong></td>
<td><strong>SUNDAY</strong></td>
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<tr>
<td><strong>Inclusive Family Swim</strong>&lt;br&gt;5:00 - 5:50 p.m.,&lt;br&gt;6:00 - 6:50 p.m.</td>
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</tbody>
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**Grateful for our Program Sponsors**

- [Inclusion Matters](#)
- [HLLA](#)

**FRANK AND MELISSA BALLIF**

**CONSIDER SPONSORING A PROGRAM**

**FOR WINTER/SPRING 2023**
THRIVE can help individuals of all ages and ability levels improve their physical health and emotional wellness by meeting the physical activity guidelines (150 minutes of physical activity per week). Any face-to-face or virtual participant is eligible. Each participant receives:

- **Health & Wellness Passport**
  - A communication tool to share essential information with medical and service providers; complete with the support of a 1:1 mentor

- **THRIVE Activity Backpack**
  - Use equipment at home, school/work, or local park

- **Monthly THRIVE Activity Packets**
  - Physical activity worksheets & videos
  - Nutrition education, games, & recipes
  - Emotional wellness tips & activities

- **Recorded Classes on YouTube Channel**
  - Classes offered by the Inclusive Wellness Coalition

- **Activity Planning & Goal Setting with Assigned Mentor/Coach**
  - Determine your overall and weekly goal(s)
  - Create an activity plan for the week at the end of your program. session
    - What activities will you do outside of your selected weekly program?

- **Score Points, Achieve Goals, Earn Badges, and Win Prizes!**
  - Each time you complete an activity to improve your physical or emotional health, YOU THRIVE (score points)
  - Share your favorite activities in a future packet!
  - Celebrate successes with other THRIVE participants across the country

---

**INCLUDED WITH YOUR PROGRAM FEE**

**ENROLL TODAY**

FREE Subscription for Physical Education, Special Education, and Classroom Teachers

FREE Subscription for Activity Leaders and Aging & Disability Service Providers
PROJECT C.L.I.M.B
MONDAYS 5:30 - 6:30 PM

NEW FORMAT
Dr. Moran’s Adapted Physical Education course will lead this inclusive motor skill development program at Harrisonburg’s Dreams Come True Playground.

One participant with disabilities and one without will be paired, receive motor skill assessments (pre-post), and weekly individualized instruction to improve gross motor (e.g., run, hop, jump) and ballistic (e.g., throw, catch, kick).

Age Groups: Preschool (3-5), Elementary, Middle, High, (through age 23)
Price: $55
Location: Dreams Come True Playground (Neff Ave, Harrisonburg)
Inclement Weather Location: Godwin Hall, JMU

SPONSORED BY:
HARRISONBURG PARKS & RECREATION & INCLUSION MATTERS
FAMILY GAME NIGHT
TUESDAYS 6:30 - 7:30 PM

BRAND NEW PROGRAM
Grab your family, friends, and housemates for a fun and active game night. Get moving and connect while playing Bingo, board games, charades, & more.

Offering a Face-to-Face and Virtual Group (Zoom)

Age Range: All Ages Welcome
Price: $55
Location: Godwin Hall, JMU and Zoom

CO-LED BY OUR ABILITY FIRST INSTRUCTORS
HANNAH WORLEY, CHLOE SUTTERFIELD, AND BRADY DEAN

Hannah is sporting a paralympic gold medal won by a wheelchair basketball athlete in the Tokyo Games
KIDNASTICS
WEDNESDAYS 5:00 - 6:00 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), and jumping. At the end of the program, participants perform an ability showcase or routine.

**Age Groups:** 3-5, 6-9, 10-12
**Price:** $55
**Location:** Godwin Hall, JMU
SMALL GROUP PROGRAMS

DINNER CLUB
THURSDAYS 5:00 - 6:30 PM

WE'RE COOKING AGAIN
This program includes nutrition education, meal planning, cooking skills, and meal preparation. Many thanks to JMU Health Professions/Dietetics for using the state-of-the-art food lab.

Seeking Program Sponsors to Cover Food and Supplies
Due to COVID, mentees will put prepared food in to-go containers to enjoy at home.

Age Range: 12 and up
Price: $75
Location: CHBS Food Lab, JMU

Program Partners:
JMU Health Professions, Dietetics, and Kinesiology
SUPERHERO TRAINING
THURSDAYS 5:30 - 6:30 PM

BRAND NEW PROGRAM

Calling all superheroes!
Discover and develop your superpowers through self-defense, boxing, fitness, and movement exploration (standing or seated)!

Improve your body control, upper and lower body strength, cardio-respiratory endurance, flexibility, and emotional control.

This program will offer a child, adolescent, and adult group.

Offering Face-to-Face for local participants and Virtual (Zoom) for participants across the state and country

Age Groups: 3-10, 11-18, 19+
Price: $55
Location: Godwin Hall, JMU or Zoom

CO-LED BY OUR ABILITY FIRST INSTRUCTORS
DR. TOM MORAN, CAL KOPSTEIN, TASHA PRESSLER
CHLOE SUTTERFIELD, DANIEL BARNHARDT, AND BRADY DEAN
FIT & FUN
FRIDAYS 4:00 - 5:00 PM

RE-BRANDED PROGRAM
Mentees and Mentors will engage in various physical activity stations, ranging from team sports, individual sports, recreational activities, and fitness. During the program, mentees will utilize the Exercise Buddy app.

Participants will be in age-appropriate groups and activities are individualized.

Age Groups: 6-11, 12-18, young adults, middle-aged & older adults
Price: $55
Location: Godwin Hall, JMU
DANCE INTO THE WEEKEND  
FRIDAYS 4:30 - 5:30 PM

NEW PROGRAM - VIRTUAL ONLY
Be the best dancer at your next party!
Join Empowerment3 interns Avery and Madison to show off your moves.

In this class, we will learn social and line dances to groove down the dance floor. Whether standing or seated, enjoy learning dances from classic songs to what's new in pop culture.

Age Groups: 15 and up (Adolescent & Adult Groups)  
Price: $55  
Location: Zoom

SEEKING ABILITY FIRST INSTRUCTORS

ADULTS WITH DISABILITIES WHO LOVE TO DANCE

TO JOIN AVERY AND MADISON AS CO-INSTRUCTORS
BEGINNER/INTERMEDIATE AQUATICS
SATURDAYS 9:30 -10:20; 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
I-CARE
WEDNESDAYS 11:30AM - 12:30PM
SATURDAYS 11:00AM - 12:00PM
TWO OFFERINGS AVAILABLE

NEW PROGRAM - VIRTUAL ONLY
Co-led by Haley Barber, Director of Programming
&
Hannah Worley, Graduate Director of THRIVE

Join a fun, collaborative class to develop self-care skills to tackle life’s challenges. Learn mediation skills and restorative yoga, and other wellness tips. Each week, mentees will share their favorite wellness activity & tip with others!

Age Groups: 12 and up (Adolescent & Adult Groups)
Price: $55
Location: Zoom

SEEKING ABILITY FIRST INSTRUCTORS
ADULTS WITH DISABILITIES WHO WANT TO HELP OTHERS TO JOIN HALEY AND HANNAH AS CO-INSTRUCTORS
INCLUSIVE FAMILY SWIM
SATURDAYS 5:00-5:50; 6:00-6:50 PM

BRAND NEW PROGRAM
Empowerment3 is excited to partner with Harrisonburg Parks and Recreation to offer this program to our community!

This program allows individuals with disabilities, English language learners, and refugees/migrants to come to the pool with family or friends while receiving instruction and support from instructors and mentors.

Caregivers or family member(s) must be willing to get in the pool
Siblings or friends welcome

Age Groups: 3-99
Price: $55 for participants; $10/family member, caregiver, or friend
Location: Westover Pool, Harrisonburg Parks & Recreation

HELP US MAKE THIS PROGRAM POSSIBLE
Calling all swim teams, clubs, or organizations, MS/HS students, college students, & community members

Empowerment3 is seeking:

- Program/Swim Instructors
  - lead activities; create individualized plans as needed
- 1:1 Mentors
  - swimming experience preferred, not necessary
- Family/Group Support Staff
  - assist with locker room and other tasks to create a fun and enjoyable experience for all
MASTERS AQUATICS
SUNDAYS 4:00 - 5:00 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
(featured below, an incoming freshman at JMU)

Age Groups: 3-99
Price: $75
Location: University Recreation Center (UREC), JMU
Empowerment3 has partnered with Harrisonburg Little League Association (HLLA) to offer Fall Challenger Baseball for the first time.

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

**HARRISONBURG LITTLE LEAGUE ASSOCIATION (HLLA) SPONSORED BY:**
MOVEMENT MATTERS
DAY & TIME DETERMINED BY MENTEE/MENTOR PAIRING

NEW PROGRAM
Do you have no time or opportunity to join a small group program?
Prefer your own personalized physical activity session in the comfort of your home
or local park?
Are you medically fragile or have health concerns that prevent leaving your home?

Individuals can turn their bedroom, living room, yard, or community park into a
personalized physical activity space with the support of a face-to-face or virtual
mentor/coach.

During this weekly program, participants and their mentor meet via their preferred
platform and complete any of the following:
- Preferred activities from the monthly THRIVE packet (see page 3 of the guide)
  - Original or adapted
- Utilize recorded classes from THRIVE YouTube Channel
- Create their preferred activities
  - Utilize equipment from THRIVE Backpack
  - Mentees could publish activities in a future THRIVE packet

Mentees and mentors are encouraged to post successes to our Empowerment3
social media handles. Please record your points, celebrate badge(s) earned, and
shared goal(s) achieved or progress with fellow Movement Matters participants.

Age Groups: ALL AGES
Price: $25
Location: Face-to-Face (location TBD) or Virtual
EXERCISE BUDDY

DAY & TIME DETERMINED BY MENTEE/MENTOR PAIRING

Empowerment3 has partnered with Exercise Connections to offer the Exercise Buddy app to individuals, schools, and community organizations.

We seek individuals, families, teachers, and community providers (participants) to use the app at least once a week for at least ten weeks. We will assess the impact on physical activity engagement, fitness, emotional wellness, and quality of life.

Exercise Buddy participants receive:

- A 12-month subscription to the app and a tablet if needed. Participants also receive ongoing training and support to maximize the app’s features.
- Mentees and mentors will engage in activities alongside one another at least one day/week utilizing the app and Zoom, Facetime, or Phone.

Check out https://exerciseconnection.com/exercise-buddy-app/

Age Groups: ALL AGES

Price: FREE for Virginia Residents, Teachers & Service Providers
$100 for all others

Location: Face-to-Face or Virtual
FITNESS FOR ALL
DAY & TIME DETERMINED BY MENTEE/MENTOR PAIRING

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 personalized workouts at the RMH Wellness Center and participating in group fitness classes with a mentor
- An individual with cerebral palsy and his mentor created their full body workouts to do together, at home, via zoom.
- An individual with an intellectual disability joined a group fitness class at the Waynesboro YMCA.
- An individual with spastic quadriplegia showed off his boxing skills at Edge Effect Fitness each week.

You create your fitness opportunities at home with a 1:1 coach or We will help you find an opportunity in or near your community!

**Age Groups:** ALL AGES  
**Price:** Varies by Opportunity  
**Location:** Face-to-Face, TBD or Virtual

To find your opportunity, contact  
Eric Bowers, Graduate Director of Community Programs  
540-568-4877  
overcomingbarriers@jmu.edu
BECOME A MEMBER OF THE INCLUSIVE WELLNESS COALITION

Shenandoah Valley Inclusive Wellness Coalition

SVIWC can help you! Individuals or Organizations

Promotion of opportunities.

- Promote your organization’s inclusive opportunities
- Your organization will be featured in our Community Resource Guide
- Your consumers can enroll in our THRIVE and Exercise Buddy programs (F2F or Virtual) with 1:1 mentor

Creating community.

Bringing together individuals from underserved communities (individuals with disabilities, English language learners, refugees, etc.), advocates, service providers, and wellness organizations

Access to training.

Online training modules will help instructors create an inclusive environment for all

Assess Need & Impact.

Complete our Needs Assessment so we can Help YOU meet your needs and the needs of ALL members in your community – online or paper version available!

This study has been approved by the IRB, protocol # 22-3233

Contact:
Dr. Tom Moran, Coalition Lead
540-568-4877; valleyiwc@gmail.com
www.inclusivewellness.org

Technical assistance.

- Direct and indirect support through mentorship from experts & coalition members
- FAQs for advocates, wellness organizations, and families
- Request help – Support program planning, implementation, and/or addressing specific issues
- Offer help – Share your experience or resources with others

WEBSITE: www.inclusivewellness.org
INCLUSIVE EVENTS

Fall Extravaganza
(Community Carnival)

SUNDAY
SEPTEMBER 11, 2022
2PM - 5PM

FIRST TEE HARRISONBURG
690 GARBERS CHURCH RD,
HARRISONBURG, VA 22801

REGISTRATION FOR 1 ON 1 SUPPORT:
540-568-4877
OVERCOMINGBARRIERS
@JMU.EDU

FOOD • VENDORS • GAMES • ARTS & CRAFTS

SUGGESTED DONATION:
$10/PERSON (AGES 6-ADULT)
$5/CHILD (AGES 3-5)
CHILDREN 2 & UNDER FREE

PRESENTED BY:
Department of Kinesiology
Empowerment
Inclusive Wellness Coalition
CALLING ALL VENDORS
FOR OUR UPCOMING...

SEPTEMBER 11TH
2-5PM

FALL EXTRAVAGANZA

HERITAGE OAKS GOLF COURSE,
HARRISONBURG, VA

JOIN US
FAMILY FUN TO RAISE FUNDS TO
SUPPORT WEEKLY PHYSICAL ACTIVITY
AND WELLNESS PROGRAMS FOR AT-
RISK POPULATIONS THROUGHOUT
SHENANDOAH VALLEY

WE'RE LOOKING FOR
LOCAL ART & CRAFTS
HEALTH & WELLNESS
ACTIVITIES
SPORTS
FOOD
LIVE MUSIC

APPLY TODAY

FOR MORE INFORMATION CONTACT:
Alexa Duryea, Empowerment3 Outreach and Marketing Intern
845-275-8651 or aduryea16@gmail.com
INCLUSIVE EVENTS

TRICK OR TREAT
Monday, October 31st, 2022
5:30 - 6:30 PM
Godwin Hall, JMU

Looking for a safe and active way to enjoy Halloween? Show off your costume (or not)
- Enjoy games & activities offered by JMU sports teams, clubs, and student organizations
- Candy & non-candy options
- 1:1 mentors available to support a safe and enjoyable experience for all

Price: FREE - Donations Welcome Age Range: All ages - children & adults

CAREGIVER/PARENTS NIGHT OUT & END OF SEMESTER CELEBRATION
Friday, December 3rd, 2022
5:00 - 8:00 PM
Godwin Hall, JMU

Calling all parents/caregivers - looking for a night out while we keep your loved ones busy?
- Sports, games, activities, movies, and pizza/water for participants
  - Available to participants with and without disabilities
- An evening out for parents/caregivers
- Sensory motor room & 1:1 mentors available upon request

Price: DONATIONS ACCEPTED Age Range: Ages 2 & up - children and adults

INTERESTED IN SPONSORING OUR NEXT INCLUSIVE OUTREACH EVENT IN 2023?

Contact Dr. Moran
540-568-4877
overcomingbarriers@jmu.edu
ABILITY FIRST INSTRUCTORS

CALLING ALL ADULTS WITH DISABILITIES

Time to Show your Abilities
Join our Team of Ability First Instructors

Co-lead any of our face to face or virtual programs alongside our Empowerment3 staff

No experience necessary
Requirements: Be a role model, tell your story, and challenge others
Look at Superhero Training, page 11, as an example

Seeking co-leads for fall (now), winter/spring & summer 2023

Contact
Jake Evans
Graduate Director of Programming
540-568-4877
overcomingbarriers@jmu.edu

BE A CHAMPION & HELP COMMUNITIES ADOPT AN ABILITY FIRST MINDSET
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 shorthanded if the participant attends future weeks.
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. 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 scholarships.

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.
REGISTRATION LINK


CONSENT TO PARTICIPATE FORM
Medical Form Signed by a Doctor -
(Must be completed every 12 months)
