Empowerment3
Fall 2023 Program Guide

Session Dates: SEPT 9-NOV 17

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REGISTER HERE BY:
Friday, September 8th, 2023
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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!
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. *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.
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 Program (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 HARRISONBURG & ROCKINGHAM COUNTY PROGRAMS

SESSION DATES: SEPT9-NOV 17
### FALL 2023
**LOCAL PROGRAMS**

**SESSON DATES: SEPT 9-NOV 17**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<tbody>
<tr>
<td><strong>Project CLIMB:</strong> 5:30-6:30 p.m.</td>
<td><strong>Soccer &amp; Basketball:</strong> 6:15-7:15 p.m.</td>
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<tr>
<td><em>First Tee Golf Program 5:00-6:00 p.m.</em></td>
<td><strong>Dance &amp; Yoga</strong> 5:00-6:00 p.m.</td>
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| | **THRIVE**  
Location: Simms Center, Harrisonburg Parks & Rec  
Time: 10:00-11:00 a.m. |

<table>
<thead>
<tr>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td><strong>Kidnastics:</strong> 5:30-6:30 p.m.</td>
<td><strong>Dinner Club</strong> 5:15-6:45 p.m.</td>
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<tr>
<td><strong>Fitness for All:</strong> 5:30-6:20 p.m. OR 6:30-7:20 p.m.</td>
<td><strong>Superhero Training</strong> 5:00-5:45 p.m. OR 6:00-6:45 p.m.</td>
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*session dates differ, please refer to full program page for more information*
**LOCAL PROGRAMS**

**SESSION DATES:** SEPT 9 - NOV 17

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**FRIDAY**

- **Fitness for All:**
  - 5:00-5:45 p.m.
  - 6:00-6:45 p.m.

**SATURDAY**

- **Beginner/Intermediate Aquatics**
  - 9:30 - 10:20 a.m.,
  - 10:30-11:20 a.m.

**SUNDAY**

- **Challenger Baseball**
  - 3:00 - 4:00 p.m.

- **Masters Aquatics**
  - 3:00 - 4:00 p.m.
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
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
SOCCER & BASKETBALL
TUESDAYS 6:15-7:15 PM

Empowerment3 is excited to partner with Special Olympics Virginia to bring Soccer & Basketball to youth and adults with and without developmental disabilities. In this program, players will improve their skills and play in small, sided game environments with same age peers.

Soccer & Basketball offers a wonderful way to build social skills and encourage teamwork.

Age Groups: 10-17; 18+
Price: $55
Location: Godwin Hall, JMU Room 137/140
DANCE & YOGA
TUESDAY: 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 137/140
THRIVE: TRANSFORMING HEALTH THROUGH RELATIONSHIPS VIA IN-PERSON OR VIRTUAL ENVIRONMENTS

TUESDAY: 10:00-11:00 AM
FRIDAY: 10:00-11:00 AM

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: 21-99
Price: $55
Locations: Simms Center, Harrisonburg
Harrisonburg Parks and Recreation
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
FITNESS FOR ALL

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

FRIDAY: 4:30-5:30 PM

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
DINNER CLUB

THURSDAYS 5:00 - 6:30 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
SUPERHERO TRAINING
(CP & OTHER ORTHOPEDIC DISABILITIES)

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

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

This program is tailored to children and adults with cerebral palsy and other physical disabilities AND THEIR NON-DISABLED PEERS. Participants will improve their body control, upper and lower body strength, cardio-respiratory endurance, flexibility, and social-emotional skills.

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

**Age Groups:** 5-12, 13+
**Price:** $55
**Location:** Godwin Hall, JMU
Room 137/140
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
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
Empowerment3 has partnered with Harrisonburg Little League Association (HLLA) to offer Fall 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)
FALL 2023
REGIONAL PROGRAMS
SESSION DATES: SEPT9-NOV 17
FALL 2023
REGIONAL PROGRAMS
SESSION DATES: SEPT 9-NOV 17

WEDNESDAY

THRIVE
Location: Staunton
Augusta YMCA
Time: 1:45-2:45 p.m.

THURSDAY

OrthoAbility
Location: Augusta Health
Time slots:
12:15-1:00 p.m
1:15-2:00 p.m.
2:15-3:00 p.m.

FRIDAY

OrthoAbility
Location: Brooks YMCA
Charlottesville
Time slots:
12:30-1:20 p.m.
1:30-2:20 p.m.

All Regional Programs
Ages: 2-100+
Price: $55
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.

• Ages 2–99 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!
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.

- Ages 2–99 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

For more information, scan here!

Transforming Health through Relationships via In-Person or Virtual Environments (THRIVE)
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
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
THRIVE CP Free Resources

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

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.
Empowerment3 and SVIWC are excited to partner with the Virginia Down Syndrome Association to host this fall's Step It Up and Community Outreach Event from 10:00am-1:00pm at Hillandale Park, Harrisonburg, Virginia.

This community event is available to community members of all ages and ability levels. Enjoy games, food, and learn about resources in your local community. We want to celebrate the ABILITIES OF ALL.

www.empowerment3.jmu.edu  empowerment3@jmu.edu
Empowerment3 and SVIWC are excited to partner with JMU's Physical and Health Education Teacher Education program, sports teams, and student clubs to offer a safe, active trick-or-treating experience for all. Participants enjoy physical activity stations while moving from "trick or treating stops" throughout the building. Candy and non-candy options are available. Costumes encouraged by not required.

Halloween Trick or Treat Event
5:30-6:30 PM Godwin Hall, JMU

www.empowerment3.jmu.edu  empowerment3@jmu.edu
Save the Date

Friday, December 1st, 2023

To celebrate the end of Empowerment3’s Fall 2023 programming, we will be hosting an

End of Semester Celebration and Dance

Come bring your family and friends and spend time with fellow program participants, staff, and mentors!

www.empowerment3.jmu.edu  empowerment3@jmu.edu
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
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.INCLUSIVEWELLNESS.ORG
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!
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
Many Thanks to our Program Partners

Grateful for our Program Sponsors

FRANK AND MELISSA BALLIF
CONSENT TO PARTICIPATE FORM

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


REGISTRATION LINK

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
Erick Teo-Abrego, Presidential Engagement Fellow
teoabree@jmu.edu

Program or Research Questions??
Become a Program Partner or Sponsor

Center Contact Info
Empowerment3
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