Session Dates: FEB 10- APR 28

Funding for this project/product was supported, in part, from the U.S. Administration for Community Living (ACL), Department of Health and Human Services, Washington, D.C. 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.

REGISTER HERE BY: February 3rd, 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.
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.
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)](overcoming_barriers) ![Virtual or Hybrid Program (Zoom, Facetime, or Preferred Method)](thrive) ![Face to Face Individual Program (F2F)](strong)

*Note: If you see multiple symbols, the program is available in all listed formats*
LOCAL
HARRISONBURG
&
ROCKINGHAM
COUNTY
PROGRAMS

SESSION DATES: FEB 10- APR 28
<table>
<thead>
<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
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<tbody>
<tr>
<td></td>
<td>THRIVE</td>
<td>Unified Basketball</td>
</tr>
<tr>
<td></td>
<td>Location: Pleasant View Inc.</td>
<td>7:00 - 8:00 PM</td>
</tr>
<tr>
<td></td>
<td>Day Program</td>
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<td></td>
<td>1:00-2:00 PM</td>
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<tr>
<td></td>
<td>First Tee Golf</td>
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<td>5:00 - 6:00 PM</td>
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<tr>
<td></td>
<td>Builders &amp; Bulldozers</td>
<td>Ninja Warrior</td>
</tr>
<tr>
<td></td>
<td>6:00 - 7:00 PM</td>
<td>5:00-5:45 PM OR 6:00-6:45 PM</td>
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<tr>
<td></td>
<td>Soccer</td>
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<td></td>
<td>5:30 - 6:30 PM</td>
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<tr>
<td>WEDNESDAY</td>
<td>Kidnastics:</td>
<td>THURSDAY</td>
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<tr>
<td></td>
<td>5:30-6:30 PM</td>
<td>Dinner Club</td>
</tr>
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<td></td>
<td></td>
<td>5:15-6:45 PM</td>
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<td></td>
<td>Fitness for All:</td>
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<tr>
<td></td>
<td>5:30-6:20 PM OR 6:30- 7:20 PM</td>
<td>Dance &amp; Yoga</td>
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<td></td>
<td>5:00 - 6:00 PM</td>
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</table>
## SPRING 2024
### LOCAL PROGRAMS
**SESSION DATES: FEB 10- APR 28**

<table>
<thead>
<tr>
<th><strong>FRIDAY</strong></th>
<th><strong>SATURDAY</strong></th>
</tr>
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</table>
| Fitness for All:  
5:00-5:45 PM OR  
6:00-6:45 PM | Beginner/Intermediate Aquatics  
9:30 - 10:20 AM  
10:30-11:20 AM |

<table>
<thead>
<tr>
<th><strong>SUNDAY</strong></th>
</tr>
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</table>
| Challenger Baseball  
3:00 - 4:00 PM |
| Masters Aquatics  
3:00 - 4:00 PM |
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
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
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
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
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
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
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: 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
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
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
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 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
SPRING 2024
REGIONAL PROGRAMS
SESSION DATES: FEB 10 - APR 28
SPRING 2024
REGIONAL PROGRAMS
SESSION DATES: FEBRUARY 10 - APRIL 28

FRIDAY

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

OrthoAbility
Location: Augusta Health
Time slots:
10:00-10:45 a.m.
11:00-11:45 a.m.

All Regional Programs
Ages: 15+
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.

- 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.

- 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.

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!

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

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
SPRING 2024
NATIONAL PROGRAM
THRIVE Cerebral Palsy
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

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

**Content:**

**Week 1**
- February OKYM Calendar
- Fitness Card Games
- New Equipment: Ruby Wag Workout
- Taco Egg Muffins
- Eat The Rainbow Coloring Sheet
- Groundhog Day Word Search

**Week 2**
- Beginner Ab Workout
- HIIT For Your Heart
- Self Love Challenge
- Chicken Tyr Fry Recipe
- No Bake Energy Balls
- Valentine’s Day Coloring Sheets

**Week 3**
- Dance Party Activity
- Diet Crates
- Pairing It Up Games
- Crayola Children’s Pot Pie Recipe
- Weekly Meal Planer
- Valentine’s Day Activity

**Week 4**
- Daily Fitness Planner
- Taco Diet Workout
- 5 Min Walk Workout
- Strawberry Muddy Buddy Recipe
- Salad Quiche Recipe
- Recognizing Black History Month Coloring Sheet

**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.
OTHER EMPOWERMENT OPPORTUNITIES
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.

WWW.INCLUSIVEWELLNESS.ORG

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

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


REGISTRATION LINK

https://www.cognitoforms.com/Empowerment3CenterJMU/Spri ng2024ProgramRegistration

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

Center for Physical Activity and Wellness for the Underserved

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Department of Kinesiology
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Harrisonburg, VA 22807
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E-mail: empowerment3@jmu.edu