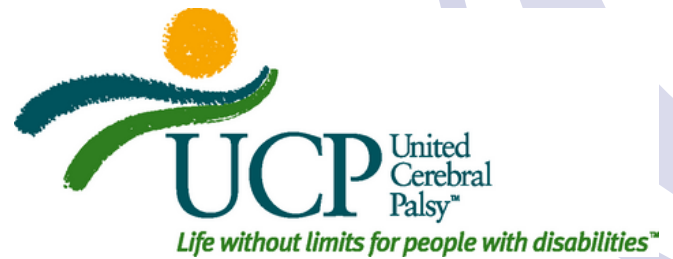


THRIVE CP



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

AFFILIATE INFO

Program:

Location:

Time:



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

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Shenadoah Valley Inclusive Wellness Coalition (SVIWC) THRIVE Calendar

February

Sponsored by: OPEN, NCHPAD, SHAPE AMERICA, JMU, USDA, THRIVE

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|---|---|--|---|--|--|
| 5 "I'M NOT WAITING SOMETHING YOU'RE NEVER WILL. YOU MUST BE WILLING TO DO SOMETHING YOU'VE NEVER DONE." -MICHAEL JOHNSON | 6 VIRTUAL CLASS SUPERHERO TRAINING FROM 4:30-5:30 PM VIDEO LINK: FURNITURE EXERCISE FOR KIDS | 7 VIRTUAL CLASS FIT AND FUN FROM 5:30-6:30 PM WORKSHEET: WHAT'S YOUR FAVORITE FOOD? DISCUSS | 8 VIRTUAL CLASS CARD FROM 11:30-12:30 PM VIRTUAL CLASS REAL GOOD FUN | 9 VIDEO LINK ANIMAL TOGA FOR KIDS | 10 RECIPE CHICKEN POT PIE SOUP | 11 INTERACTIVE SMOOTHIE BOOTH ACTIVITY |
| 12 "ALL PROGRESS TAKES PLACE OUTSIDE THE COMFORT ZONE." -MICHAEL JOHNSON | 13 VIRTUAL CLASS SUPERHERO TRAINING FROM 4:30-5:30 PM VIDEO LINK: FURNITURE EXERCISE FOR KIDS | 14 HAPPY VALENTINE DAY WHAT'S YOUR FAVORITE FOOD? DISCUSS | 15 VIRTUAL CLASS CARD FROM 11:30-12:30 PM VIRTUAL CLASS REAL GOOD FUN | 16 VIDEO LINK ANIMAL TOGA FOR KIDS | 17 WORKSHEET COLOR/PAINTING SCAVENGER HUNT | 18 VIDEO LINK JUMP ROPE SKILLS |
| 19 "WHAT SEEMS IMPOSSIBLE TODAY WILL ONE DAY BECOME YOUR WARM-UP." -MICHAEL JOHNSON | 20 VIRTUAL CLASS FIT AND FUN FROM 5:30-6:30 PM VIDEO LINK: FURNITURE EXERCISE FOR KIDS | 21 HAPPY VALENTINE DAY WHAT'S YOUR FAVORITE FOOD? DISCUSS | 22 VIRTUAL CLASS CARD FROM 11:30-12:30 PM VIRTUAL CLASS REAL GOOD FUN | 23 VIDEO LINK ANIMAL TOGA FOR KIDS | 24 RECIPE CHICKEN POT PIE SOUP | 25 INTERACTIVE SMOOTHIE BOOTH ACTIVITY |
| 26 "NEVER GIVE UP ON A DREAM JUST BECAUSE OF THE TIME IT WILL TAKE TO ACCOMPLISH IT. THE TIME WILL PASS ANYWAY." -MICHAEL JOHNSON | 27 VIRTUAL CLASS SUPERHERO TRAINING FROM 4:30-5:30 PM VIDEO LINK: FURNITURE EXERCISE FOR KIDS | 28 HAPPY VALENTINE DAY WHAT'S YOUR FAVORITE FOOD? DISCUSS | 29 VIRTUAL CLASS CARD FROM 11:30-12:30 PM VIRTUAL CLASS REAL GOOD FUN | 30 VIDEO LINK ANIMAL TOGA FOR KIDS | 31 RECIPE CHICKEN POT PIE SOUP | 32 INTERACTIVE SMOOTHIE BOOTH ACTIVITY |

We encourage you to complete these activities with your family members and/or your mentor

(February Edition)



Activity Backpack:
w/ equipment & monitor

Access to Online Wellness Apps:



Connected Wellness with
a health coach



Exercise Buddy