Transforming Health Through Relationships via In-Person and Virtual Environments

THRIVE offers a spectrum of physical activity, wellness, nutrition, and social connection activities to enhance what educators can provide students with and without disabilities, both within and outside the classroom!

Let students showcase their abilities and try new things through our activity packets, recorded classes, ability challenges, nutrition, recipes, and wellness tips. Become a THRIVE Classroom!

Improve one's fitness, emotional health, & quality of life by:
- Turning one's school and home into a personalized activity space
- Utilizing activities that create or require social connection with peers and our THRIVE community
- Connecting individuals to existing resources and opportunities in one's community as well as a 1:1 mentor/coach (F2F or virtual)

In addition to the educator resources, THRIVE offers virtual classes (with an assigned 1:1 mentor) available to your students & families (see page 2) or individualized sessions.

To sign up, scan the QR Code or email the address below.

CONTACT US:

Hannah Worley
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To learn more, visit us at https://inclusivewellness.org/thrive.
SMALL GROUP PROGRAMS

SUPERHERO TRAINING
Thursdays from 5:30-6:30 pm
Age range: 3-10; 11-18; 19+
(child, adolescent, and adult groups)

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

FAMILY GAME NIGHT
Tuesdays from 6:30-7:30 pm
Age range: All Ages Welcome

Grab your family and join us for a fun and active game night. Get moving and reconnect while playing Bingo, board games, charades and more.

DANCE INTO THE WEEKEND
Fridays from 4:30-5:30 pm
Age range: 15 and up
(adolescent & adult groups)

Be the best dancer at your next party. In this class learn social and line dances to groove on down the dance floor. Whether standing or seated, enjoy learning dances from classic songs to what’s new in pop culture.

I-CARE
Wednesdays from 11:30-12:30 pm
or Saturdays from 11:00-12:00 pm
Age range: 12 and up
(adolescent & adult groups)

A fun, collaborative class to develop self-care skills to tackle life’s challenges. Learn how to do mediation, yoga, and share your favorite wellness activity!

$55/10-week class
Full & Partial Scholarships available