T.H.R.I.V.E.
PARTICIPANT EDITION

Transforming Health Through Relationships via In-Person and Virtual Environments

THRIVE helps individuals of all ages and ability levels improve their fitness, emotional health, and quality of life through physical activity, one-on-one mentorship, and social connection.

Any face-to-face or virtual participant is eligible, nationwide.

Join a small group virtual program (see page 2) or an individualized weekly session (day/time TBD), each with an assigned 1:1 mentor.

- THRIVE Activity Backpack
  - Equipment to use at home, school/work, or local park
- Recorded Classes on YouTube Channel
- Monthly THRIVE Activity Packets
  - Physical activity worksheets & videos
  - Nutrition education, games, & recipes
  - Emotional wellness tips & activities
  - Design activities for a future packet!
- Activity Planning & Goal Setting with Assigned. Mentor
  - Determine your overall and weekly goal(s)
  - During your weekly program (Face-to-Face or Virtual (Zoom), mentees and mentors will create/discuss an activity plan (outside of your weekly program)
- Score Points, Achieve Goals, Earn Badges, and Win Prizes!
  - Each time you complete an activity, YOU THRIVE (score points)
  - Celebrate successes with other THRIVE participants across the country

Registration Link: https://bit.ly/3pb8Ltub

CONTACT US:
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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.

ICARE

- Wednesdays or Saturdays from 11:30-12:30 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