

# Empowerment3

## Fall 2024 Program Guide

Session Dates: Sept 16 - Nov 22



SCAN QR CODE OR  
USE THIS LINK:

[HTTPS://BIT.LY/  
472I3WZ](https://bit.ly/472i3wz)

**REGISTRATION  
DEADLINE -  
SEPT 14TH**

Full and partial scholarships are available based on financial need. Apply for scholarship on the Registration form.



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# EMPOWERMENT3

(E3)

## OVERVIEW

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 and Whom We Serve: E3 conducts *programming, research, and training* as we educate, equip, and empower:

**Individuals:** Weekly physical activity mentorship programs seek to improve underserved populations' quality of life outcomes.

We serve children and adults with disabilities, English language learners, refugees, at-risk youth, veterans, older adults, and others (ages 3 to 100+). *To promote social inclusion, all programs have specific spots for peers without disabilities.*

**Professionals:** Professionals train in the "ability first" and culturally informed (CTN) methodologies while gaining hands-on experience serve as 1:1 mentors or program leads.

**Communities:** We promote system changes (policy, practice, and environmental) to support a community or organization's ability to serve and support all members.

Research: E3 explores the impact of our physical activity mentorship interventions on (1) combating barriers to participation, (2) improvements in physical health and emotional wellness, movement behaviors and social determinants of health, (3) improvements in professionals' ability literacy, attitude toward underserved populations, and instructional efficacy, and (4) policy and practice changes within an organization or community.

# PROGRAM POLICY

PROGRAM GUIDE - FALL 2024

## PROGRAM ENROLLMENT REQUIREMENTS

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 complete a “consent to participate form,” which requires a doctor’s signature to enroll.
2. **Mentees must submit all 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 only guaranteed once payment is received. Without submission of the appropriate paperwork, the organization must withhold program participation until all documentation is on file.
3. E3 conducts Community-Based Participatory Research (CBPR) to determine the impact of our programming on mentees, mentors, caregivers, and instructors. **All mentees, with their mentor, complete pre-post testing 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 external funding 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.



# PROGRAM POLICY

PROGRAM GUIDE - FALL 2024

## APPROPRIATE PROGRAM ATTIRE

1. Please ensure the mentee has appropriate footwear (sneakers/tennis shoes) for land-based programs and 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 safety for participants and mentors.

## 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, or economic hardship). Mentees on scholarship may be limited to one program, depending on program availability. Grant funds or independent donors provide scholarship support.

## INCLEMENT WEATHER POLICY

1. Programs are automatically canceled if JMU OR Harrisonburg City Schools are closed. We will cancel programs if the weather is unsafe.
2. If we cancel programs the day before, mentees will be notified by email. If we cancel programs the day of, mentees will receive an email and call/text. Cancellations are also posted on social media.

## 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.

# E3 PROGRAMMING

## FRAMEWORK

Physical Activity & Nutrition: We offer **small group and one-on-one** programming via *face-to-face* formats. E3 sees participants through an “**ability lens.**” Our team conducts an ability assessment (pre-post) as we seek to improve *physical health, emotional wellness, and quality of life* outcomes.

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.

E3's 1:1 mentors are pre-professional students in 30 *academic programs within James Madison University* (e.g., kinesiology, health sciences, pre-med, pre-PT, pre-OT, psychology, social work, education/special education, and engineering). We also accept mentors from Eastern Mennonite University, Bridgewater College, and Blue Ridge Community College.

Social Connection: E3 believes **same-age and cross-age peer engagement** is essential! Mentees and mentors engage with other participants during weekly activities to facilitate communication and social inclusion. Participants celebrate and document their successes with mentors and peers each week.

*WEDNESDAY*

**LOCAL  
HARRISONBURG  
&  
ROCKINGHAM  
COUNTY  
PROGRAMS**

*THURSDAY*

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Department of  
Kinesiology

**REGISTRATION DEADLINE -  
SEPT 14TH**

**LOCAL PROGRAMS**

*SESSION DATES: SEPT 16 - NOV 22*

**MONDAY**

Olympic Training:  
5:30-6:30 p.m.

Beginners Aquatics  
Sunnyside Retirement  
Community  
5:00-5:45 p.m.  
6:00-6:45 p.m.

**TUESDAY**

Ninja Warrior  
5:30-6:30 p.m.

**WEDNESDAY**

Rock & Roll -  
Playin' with a Purpose  
10:00-10:50 a.m.

Kidnastics:  
5:30-6:30 p.m.

**THURSDAY**

Flag Football  
5:00-5:50 p.m.  
6:00-6:50 p.m.

Dinner Club  
5:15-6:45 p.m.

**LOCAL PROGRAMS**

SESSION DATES: SEPT 16 - NOV 22

FRIDAY

Fitness for All  
4:30-5:30 p.m.  
5:45-6:45 p.m.

SATURDAY

Beginner/Intermediate Aquatics

9:30 - 10:20 a.m.  
10:40-11:30 a.m.

Whats the Racket?

10:00-11:00 a.m.

SUNDAY

Masters Aquatics  
3:00 - 4:00 p.m.





# LOCAL PROGRAM OPTIONS

## OLYMPIC TRAINING MONDAY 5:30-6:30 PM

Did Watching the Paris Summer Games Inspire You?  
Are You Excited to Watch the Paralympics Starting Aug 28th?

Participants get to train and compete with their mentor in a variety of events:

Track: Run/Roll - Sprint, Distance, and Obstacles;

Field: Shot/ball throw, Discus/frisbee, and Javelin/noodle. throw;

Individual Sports: Judo, Weightlifting, and Breaking; and

Team Sports: 3v3 Basketball, Handball, and Volleyball

This program allows participants to discover their athletic ability, whether ambulatory (with or without support) or using a wheelchair.

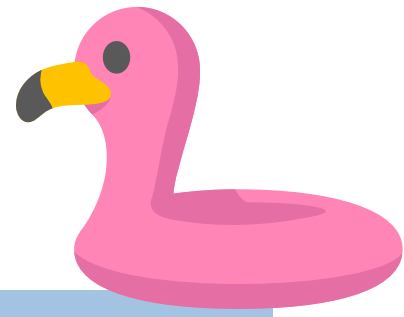
**Age Range:** 10-16, 17+

**Cost:** \$75

**Location:** Godwin Hall. JMU



# LOCAL PROGRAM OPTIONS



## BEGINNER'S AQUATICS

### 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.



**Day:** Monday

**Time:** 5:00-5:45 PM or 6:00-6:45 PM

**Age Range:** 3-99

**Cost:** \$100

**Location:** Sunnyside Retirement Community

**Day:** Saturday

**Time:** 9:30-10:20 AM or 10:40-11:30 AM

**Age Range:** 3-99

**Cost:** \$100

**Location:** UREC, JMU

# LOCAL PROGRAM OPTIONS

## NINJA WARRIOR

TUESDAYS: TIME 5:30-6:30 PM

Discover your Inner Ninja Warrior

Train like a Ninja with adapted versions of fun obstacles! Improve motor skills, body control, cardiovascular endurance, upper body strength, and balance while working on social and communication skills in an authentic environment.

Participants move through varying obstacles and physical challenges at their own pace and ability level.

**Age Groups:** 6-10; 11-15; 16+

**Price:** \$75

**Location:** Godwin Hall, JMU





# LOCAL PROGRAM OPTIONS

## ROCK & ROLL - PLAYIN' WITH A PURPOSE WEDNESDAYS: TIME 10:00-10:50 AM

We are excited to partner with Sarah Selznick, occupational therapist, parent coach, and founder of Sensory Explorers, LLC., to offer this NEW sensory-based movement program.

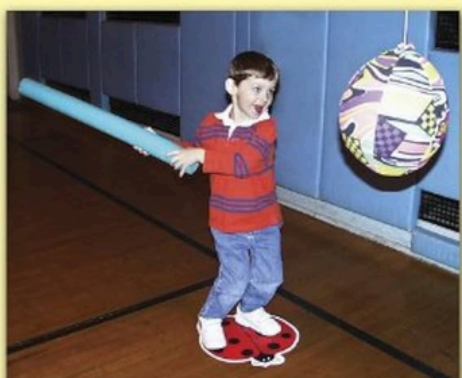
Infants and toddlers, alongside their one-on-one mentor, will explore a variety of cause-and-effect movement tasks designed to support the development of essential motor, communication, and social milestones. We hope caregivers learn fun and engaging activities to do at home to support their infant/toddler's journey!

**Age Groups:** 6-9 months, 10-12 months, 1-2 yrs old

**Price:** \$100

**Location:** Godwin Hall, JMU

## Purposeful Play



Early Childhood Movement  
Activities on a Budget

*Renée M. McCall  
Diane H. Craft*



# LOCAL PROGRAM OPTIONS

## KIDNASTICS WEDNESDAYS 5:30-6:30 PM

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.

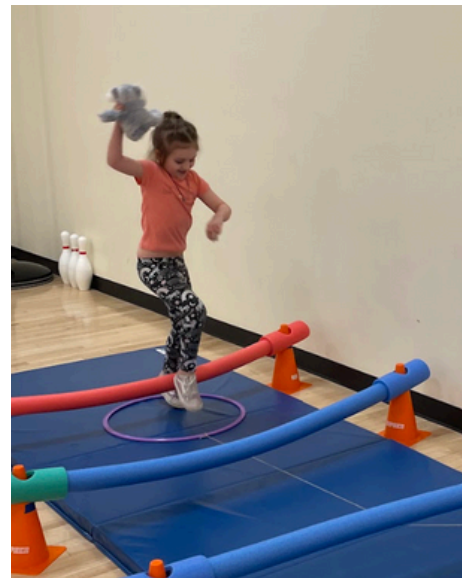
Skills: rolling, balancing, vaulting (movement on your hands), jumping, climbing and muscular strength.

At the end of the program, participants perform an ability showcase or routine.

**Age Groups:** 2-5, 6-9, 10-12

**Price:** \$75

**Location:** Godwin Hall, JMU



# LOCAL PROGRAM OPTIONS

## FLAG FOOTBALL

THURSDAYS 5:00-5:50 PM OR 6:00-6:50 PM

Flag football is a popular non-contact version of American football. During this new program, players and mentors learn and practice essential flag football skills such as running, agility, throwing, passing, catching, handoffs, and more!

Participants and mentors will split into age and ability-appropriate groups to play mini-games.

### **Age Range & Time:**

10 - 14 (5:00 pm)

15 - 19, and 20+ (6:00 pm)

**Price:** \$75

**Location:** Godwin Hall, JMU





# LOCAL PROGRAM OPTIONS

## DINNER CLUB THURSDAYS 5:15-6:45

This program includes nutrition education, meal planning, cooking skills, and meal preparation. Participants take home their meals to enjoy.

**Age Range:** 12 and up

**Price:** \$100

**Location:** College of Health and Behavioral Studies (CHBS) Building  
235 Martin Luther King Jr. Way, JMU  
Room G012, Teaching Kitchen

### Program Partners:

Many thanks to JMU Health Professions/Dietetics for the use of their state-of-the-art food lab.

Seeking Program Sponsors to Cover Food and Supplies



# LOCAL PROGRAM OPTIONS

## FITNESS FOR ALL

FRIDAYS 4:30-5:30 PM OR 5:45-6:45 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 Range:** 10-17; 18+

**Price:** \$75

**Location:** Godwin Hall, JMU  
Room 116



# LOCAL PROGRAM OPTIONS

## WHATS THE RACKET? SATURDAY 10:00-11:00 AM

This new program focuses on a variety of racket sports including tennis, badminton, pickleball, and ping pong!

Across the program, participants work on the skills to play and enjoy each racket sport. Players and mentors together learn ball control, serving, forehand, backhand, and game play rules.

CAREFUL - You will catch the Racket Craze!

**Age Range:** 8-12; 13 and up

**Cost:** \$75

**Location:** TBD





# LOCAL PROGRAM OPTIONS

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## MASTERS AQUATICS SUNDAYS 3:00-4:00 PM

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.

**Age Range:** 8-99

(must be able to swim the length of the pool)

**Price:** \$100

**Location:** University Recreation Center (UREC), JMU





Shenandoah Valley  
Inclusive Wellness Coalition



WEDNESDAY

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# ***ADD'L EMPOWERMENT3 OPPORTUNITIES***

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AVAILABLE TO CITIZENS, PROFESSIONALS  
AND ORGANIZATIONS  
ACROSS VIRGINIA AND NATIONWIDE

THURSDAY



Department of  
Kinesiology



# Empowerment3 Connected Wellness

Empowering Individuals to Showcase Abilities & Improve Health

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.

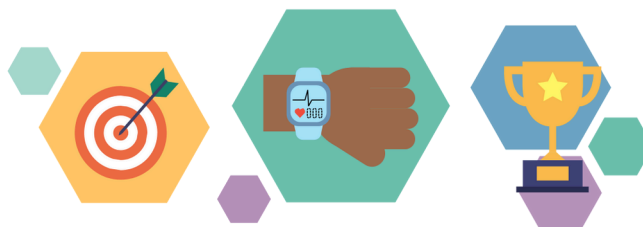
## Join our Connected Wellness Program!

- ★ **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!



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# 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?

Individuals, caregivers, and organizations supporting citizens with disabilities, older adults and caregivers can purchase subscriptions, at cost:

*\$500 per user 1 - 100*

*\$450 per user 101 - 200*

*\$400 per user 201 +*

Questions? Email us at [empowerment3@jmu.edu](mailto:empowerment3@jmu.edu)

# FREE TO JOIN - BECOME A MEMBER TODAY!



## 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](http://WWW.INCLUSIVEWELLNESS.ORG)



# FREE TO JOIN - BECOME A MEMBER TODAY!



## 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.INCLUSIVWELLNESS.ORG](http://WWW.INCLUSIVWELLNESS.ORG)





WEDNESDAY

# FALL 2024 E3 & SVIWC EVENTS



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# STEP UP FOR DOWN SYNDROME

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WEDNESDAY

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E3 is partnering with the Virginia Down Syndrome Association to provide a Kid's Activity Zone at their Annual 1k and Family Festival.



**Join us for our 3rd Annual Step UP in  
Shenandoah Valley!**

**Saturday, September 14th from 10am – 1pm**

**Hillandale Park: 801 Hillandale Ave. Harrisonburg, VA 22801**

Join us for a 1k, Family Festival, and Community Resource Fair, kids' zone, music, exhibitors, food, Silent Auction, and more!



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# EMPOWERMENT3 HALLOWEEN TRICK OR TREAT

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SAVE THE DATE:  
THURSDAY, OCTOBER 31ST

You're in for a scary good time at E3's annual halloween event. This event includes activities, trick or treat spots, and crafts, all in one building! Make sure to save the date and keep an eye out for information to make sure you can get in on the fun.



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# EMPOWERMENT3 ABILITY OLYMPICS WEDNESDAY & END OF SEMESTER CELEBRATION

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**SAVE THE DATE:**

FRIDAY,  
DECEMBER 6TH



MORE INFORMATION TO COME



# Many Thanks to our Program Partners



## Seeking Program Sponsors

# PROGRAM REGISTRATION

PROGRAM GUIDE -  
FALL 2024

## CONSENT TO PARTICIPATE FORM

Medical Form Signed by a Doctor



(Must be completed every  
12 months)

Scan QR code or use link:  
<https://bit.ly/3QBainN>

## REGISTRATION LINK



Scan QR code or use link:  
<https://bit.ly/472i3wz>

**REGISTRATION DEADLINE -**  
SEPT 14TH

### **Currently awaiting notice on our state and federal funding**

Please help us find individuals, businesses, and corporations to  
“stand in the gap.” - Direct [Donation Link](#) & QR Code below:



# Empowerment3 Leadership

Dr. Thomas Moran, Executive Director  
[morante@jmu.edu](mailto:morante@jmu.edu)

Taylor Daniel, Presidential Engagement Fellow  
[danie2tn@jmu.edu](mailto:danie2tn@jmu.edu)

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## Program or Research Questions??

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## Become a Program Partner or Sponsor

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### Center Contact Info

#### **Empowerment3**

*Center for Physical Activity and Wellness for the  
Underserved*

James. Madison University

Department of Kinesiology

261 Bluestone Dr., MSC 2302

Harrisonburg, VA 22807

Ph: 540-568-4877

E-mail: [empowerment3@jmu.edu](mailto:empowerment3@jmu.edu)