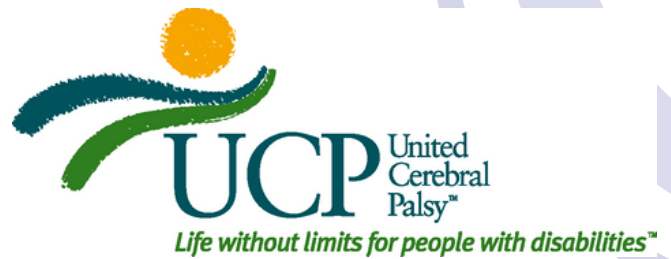


THRIVE CP



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 Department of Kinesiology, USDA, THRIVE

SUN	MON	TUE	WED	THU	FRI	SAT
To participate in Empower5 Programs fill out this registration link				2 VIDEO LINK ANIMAL TOGA FOR KIDS	5 RECIPE CHICKEN POT PIE SOUP	4 INTERACTIVE SMOGLIN SCOOTER ACTIVITY
5 "IF YOU WANT SOMETHING YOU'VE NEVER HAD, YOU MUST BE WILLING TO DO SOMETHING YOU'VE NEVER DONE" -MICHAEL JOHNSON	6 VIRTUAL CLASS SUPERHERO TRAINING FROM 9:30-10:30 PM	7 VIRTUAL CLASS FIT AND FUN FROM 9:30-10:30 PM	8 VIRTUAL CLASS FROM 11:30-12:30 PM	9 VIDEO LINK ZERO TO SIXTY ACTIVITY	10 WORKSHEET COLOUR/PASTERS SCAVENGER HUNT	11 VIDEO LINK JUMP ROPE SKILLS
12 "ALL PROGRESS TAKES PLACE OUTSIDE THE COMFORT ZONE" -MICHAEL JOHN JOHNS	15 VIRTUAL CLASS SUPERHERO TRAINING FROM 9:30-10:30 PM	14 HAPPY VALENTINE'S DAY	15 VIRTUAL CLASS CARE FROM 11:30-12:30 PM	16 MENTAL WELLNESS SOMETHING ABOUT ME SELF-ESTEEM WORKSHEET	17 INTERACTIVE FOOD GROUP QUIZZES	18 WORKSHEET VID. COORNE. WEEKLY FOOD GROUP ACTIVITY
19 "WHAT SEEMS IMPOSSIBLE TODAY WILL ONE DAY BECOME YOUR WARM UP" -EARL WIGHTMAN	20 VIRTUAL CLASS FROM 9:30-10:30 PM	21 VIRTUAL CLASS FROM 11:30-12:30 PM	22 VIRTUAL CLASS CARE FROM 11:30-12:30 PM	23 INTERACTIVE SENSORY BAG ACTIVITY	24 VIDEO LINK HOW TO MAKE DISCING FUN	25 RECIPE NO BAKE ENERGY BALLS
24 "NEVER GIVE UP ON A DREAM JUST BECAUSE OF THE TIME IT WILL TAKE TO ACCOMPLISH IT. THE TIME WILL PASS ANYWAY" -EARL WIGHTMAN	27 VIRTUAL CLASS SUPERHERO TRAINING FROM 9:30-10:30 PM	28 VIRTUAL CLASS FIT AND FUN FROM 9:30-10:30 PM				

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