

OrthoAbility

OrthoAbility offers children and adults with physical disabilities and their families, across Virginia, a spectrum of **physical activity**, **wellness**, **nutrition**, and **social connection** activities to improve their physical and emotional health.



- Ages 2–99 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)

Participants Will Receive:



Fitness Monitor



Activity Backpack



THRIVE Calendar



THRIVE Activity Packet



Empowerment3

Connected Wellness

For more information, scan here!



OrthoAbility Program Options

Research Outcomes Collected on **All Participants:**
Pre-Post Changes in **Physical** and **Emotional Health**

Face-to-Face Programs:

Participants join a program within their local community. An OrthoAbility team member provides support to the participant or instructor.



Activity Packets:

Participants and their 1:1 mentor utilize a personalized THRIVE packet with physical activity, wellness, and nutrition activities.



Virtual Programs:

Participants across the state can join a class or an individualized physical activity session via zoom with the support of a 1:1 mentor!



Control Group:

Participants receive theme-based content to use on their own to improve overall health. No weekly programming or mentorship.



To sign up for one of these program groups, scan QR code or contact Sydney Hilovsky at hilovssl@dukes.jmu.edu

