

T.H.R.I.V.E.

EDUCATOR EDITION

THRIVE

OFFER
STUDENTS
MORE

SHOWCASE
ABILITY

IMPROVE.
PHYSICAL
AND
EMOTIONAL
HEALTH

REGISTRATION



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
worleyhm@dukes.jmu.edu

To learn more, visit us at
<https://inclusivewellness.org/thrive>.

SMALL GROUP

PROGRAMS

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

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!