

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

CLINICIAN & SERVICE PROVIDER EDITION

THRIVE

WHAT IS THE BEST MEDICINE?

WHAT ABILITY?

WHAT CAN USERS EXPECT TO IMPROVE?

REGISTRATION



Transforming Health Through Relationships via In-Person and Virtual Environments

Physical Activity and Wellness: THRIVE offers a spectrum of physical activity, wellness, nutrition, and social connection activities that doctors, therapists, and service providers can encourage patients and consumers to utilize with a 1:1 coach/mentor from the comfort of their homes!

THRIVE users discover and showcase their abilities through our activity packets, recorded classes, ability challenges, nutrition, recipes, and wellness tips.

Improve one's fitness, emotional health, & quality of life by:

- Turning one's home into a personalized activity space
- Utilizing activities that create a social connection with peers, assigned 1:1 mentor, and our THRIVE community
- Connecting individuals to existing resources and opportunities in one's community (F2F or virtual)

In addition to resources, THRIVE offers individuals and families virtual classes or individualized sessions (with a 1:1 mentor - see page 2) and a physical activity backpack.

To sign up, scan the QR. Code or email the address below.



CONTACT US:

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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 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!