

"The purpose of life is to serve and to show compassion and the will to help others.

Only then have we ourselves become true human beings."

- Albert Schweitzer

CONTACT INFORMATION

For additional information, or to register, please visit:

<https://www.uwec.edu/academics/college-education-human-sciences/departments-programs/kinesiology/about/community-outreach/> or contact:

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**Be a Part of
P.R.I.D.E.**



Physical activity and
Recreation for
Individuals with
Disabilities in the
Eau Claire area
4 Adults

University of Wisconsin- Eau Claire



About the P.R.I.D.E.4Adults program

The intention of the P.R.I.D.E.4Adults program is to serve adults with disabilities ages 17+ years by providing them an individualized exercise program. The exercise program will consist of an aerobic, resistance training, and range of motion components. Overall, the evidence shows that exercise provides important health benefits for people with disabilities. The benefits include improved aerobic and muscle fitness, improved psychosocial health, and better ability to do tasks of daily life.

Individualized programming for each participant will be based on initial screening, interests, and referral information. Participants will receive individual/group instruction, attention, support, and encouragement from UWEC undergraduate students supervised by a university faculty member. The program will be suited for adults with a wide variety of ability levels.

LOCATION AND TIME

The P.R.I.D.E.4Adults program will last 1 hour and take place at the L.E. Phillips Senior Center (1616 Bellinger Street in Eau Claire) from 5:00 – 6:00 pm. The P.R.I.D.E. program will be offered by UWEC for 12 sessions. These sessions will be held on Monday and Wednesday nights on the following dates: 10/2 & 10/4; 10/9 & 10/11; 10/16 & 10/18; 10/23 & 10/25; 10/30 & 11/1; 11/6 & 11/8. The cost for involvement in the 12 sessions will be \$100.00 per individual, and a sliding fee scale is available.

Application and fee for participation should be returned by 9/22/23. Please make checks payable to UWEC-P.R.I.D.E.

P.R.I.D.E.4Adults PROGRAM GOALS

1. Provide adults with disabilities individualized instruction that will assist in the development and improvement of their fitness.
2. Provide adults with disabilities an opportunity to continue working on areas of fitness that are being addressed in other rehabilitation settings.
3. Provide adults with disabilities an opportunity to exercise and interact with others in a safe, fun, and relaxed environment.
4. Provide UWEC students the opportunity to work with adults with a wide spectrum of movement abilities.
5. Provide UWEC students with learning opportunities that prepare them for professional school and/or their future professions.
6. Provide UWEC students the opportunity to develop understanding of the meaning of community service and an appreciation for serving others.
7. Provide UWEC and the surrounding community with an opportunity to enhance, strengthen, and highlight the importance of physical activity for adults with disabilities.