

EMPOWERMENT3 (E3)

Center for Physical Activity and Wellness for the Underserved

Mission: We seek to empower *individuals and their families, professionals* (in-service and pre-service), and *communities through physical activity and nutrition (holistic wellness), mentorship, career readiness, and social connection.*

What We Do:

Individuals and Families:

- Weekly physical activity & nutrition mentorship interventions on campus or in the community to improve *physical health, emotional wellness, career readiness, and quality of life* outcomes.
- E3 serves 300 children and adults with disabilities, English language learners, refugees, at-risk youth, veterans, and older adults (*ages 2 to 101*) annually.

Professionals:

- Professionals (pre- and in-service) receive training in *Strategies of Success, Ability First, and culturally responsive, trauma-aware, and neurobiologically informed* (CTN) methodologies while serving as 1:1 mentors or program leads.
- *Open Career Pathways:* future professionals seek apprenticeships and authentic work experiences to discover their gifts, talents, and career/impact opportunities.
- *100% Success:* 100% of our Student Leaders, part-time employees, and engagement fellows are accepted into graduate programs or enter teaching, health, and human services professions following employment.

Communities:

- *Creation of the Shenandoah Valley Inclusive Wellness Coalition (SVIWC):* Support and Promote System Changes (policy, practice, and environmental) in communities across the Shenandoah Valley, Commonwealth, and nationally.
- *Building Capacity within Organizations and Communities:* Experts and trainees utilize a *co-implementation model* within K-12 schools, healthcare facilities, recreation centers and wellness organizations, and independent living centers to educate, equip, and empower all instructors, staff, and community members.

Contact Us:

- Website: <http://empowerment3.jmu.edu>
- Connect with us on social media - <https://linktr.ee/JMUEmpowerment3>
- Leadership: Dr. Thomas Moran, Founder/Executive Director; x4877; morante@jmu.edu

JMU Empowerment3 Center Seeks Impact Partners

Civic & Community

E3 and the SVIWC is challenging communities to take the next step in supporting inclusive programming and spaces. Through its co-implementation model, the SVIWC invites (1) wellness, (2) service, and (3) advocacy organizations across each community to work together in program planning and implementation.

- “Difference Maker in Residence” - E3 is seeking a partner to help us launch our initiative – providing a part-time or full-time fellowship to graduate student(s) or professional(s) to work alongside community recreation and wellness organizations for a year to plan and co-implement inclusive programming.

Education:

At its core, E3 provides training and hands-on learning opportunities for 200 pre-professionals across 28 academic programs each semester.

- Empowerment3 Academy – E3 seeks partners to launch our interdisciplinary learning community. The academy members engage in interdisciplinary coursework, action-based research, and service learning. Opportunities include:
 - Empowerment3 Scholars –Graduate fellowships and assistantships -prioritizing students from underserved populations AND/OR students passionate about pursuing a career to educate, equip, and empower those with disabilities, English language learners, refugees, veterans, and/or older adults. *Goal:* offer five for the 2025-2026 academic year
 - Ability First” Apprenticeships – Training undergraduate students to see ability (not disability). E3 seeks a partner to support apprenticeships for pre-professionals who are passionate about working with participants with disabilities and other underserved populations. *Goal:* offer 10 for the 2025-2026 academic year.

Social Services, Health & Welfare:

E3’s Whole Person approach focuses on improving physical health, emotional wellness, career readiness, and quality of life for individuals and families. The Shenandoah Valley does not have a comprehensive health clinic for children and adults with disabilities and their families.

- “Whole Child/Person” Health and Wellness Clinic: E3 seeks a partner to launch the holistic health and wellness clinic. This comprehensive health clinic will have trained professionals who will provide interdisciplinary healthcare, mental health, and related services while addressing the social determinants of health for children and adults with disabilities and their families.

Career Readiness & Employment

- WOW: Wellness, Occupation, and Worth – E3 seeks a WOW partner to offer educational training, wellness opportunities, and workforce apprenticeships for adolescents and adults with disabilities to pursue meaningful careers and secure competitive integrated employment opportunities