



## Winter, 2023 Volunteer Opportunities at EA Therapeutic Health

### **Fit4Play**

Fit4Play is a functional small group program which is based on Autism Fitness Theory. Fit4Play provides children an opportunity to practice social skills with peers in an inclusive and safe environment while being active and having fun. The program is led by our Therapeutic Health team with our therapy staff and trained volunteers at EA Pediatrics.

Monday/Wednesday	5:00-6:00 pm	Age 7-11	January 9-February 27
Monday/Wednesday	5:00-6:00 pm	Age 7-11	March 6-April 26

### **PWR 1 Class/PWR 2 Class**

Volunteers with knowledge of exercise training and technique are needed to assist with this class for adults designed to slow the progression of Parkinson's symptoms. PWR 1 Class is scheduled 10-11 am; PWR 2 Class is scheduled 11 am-12 pm.

Tuesday/Saturday	10:00 am-12:00 pm	Adult	January 10-February 28
Tuesday/Saturday	10:00 am-12:00 pm	Adult	March 2-April 27

### **Stroke Fitness**

Volunteers with knowledge of exercise training and technique are needed to assist staff with this class for adults formatted to build the foundation of restorative movement.

Tuesday/Thursday	9:00-10:00 am	Adult	January 10-February 28
Tuesday/Thursday	9:00-10:00 am	Adult	March 2-April 27

### **Wheelchair Basketball League**

Volunteers are needed to assist with the Winter, 2023 Wheelchair Basketball League at Lourdes High School. Additional volunteer training with Move United/SafeSport is required.

Wednesday	6:00-8:15 pm	Youth (10+) and Adult	January 11-March 1
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### **Wheelchair Athlete Adaptive Strength and Conditioning Class**

Volunteers with knowledge of exercise training and techniques and experience in weight training are needed to assist staff with this class geared towards helping class participants be their best at their sport and recreational activities.

Tuesday/Thursday	5:00-7:00 pm	Youth (13+) and Adult	January 10-February 28
Tuesday/Thursday	4:00-7:00 pm	Youth (13+) and Adult	March 2-April 27

### **Saturday Mornings at EA Therapeutic Health**

EA Therapeutic Health is offering independent fitness opportunities for individuals on Saturday mornings this winter. Volunteers are needed to assist with checking in participants, cleaning equipment and assisting staff with program oversight.

Saturday	9:00 am-12:00 pm	Adult	Beginning January 14
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### **Greeters at EA Therapeutic Health**

EA Therapeutic Health is seeking volunteers to greet and visit with clients and help with coats when clients are arriving and departing to and from appointments.

Monday-Thursday	2:00-4:00 pm	Adult	Winter, 2023
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### **Pre-Physical Therapy/Occupational Therapy or Speech Therapy Observations**

We enjoy having students shadow at any time. Please contact us for more information on setting up a volunteer observation experience.

**If you are interested in volunteer opportunities at EA Therapeutic Health, please reach out to**

**Jill Harkness, Volunteer Coordinator, at [jill@chooseea.org](mailto:jill@chooseea.org)**

**[www.chooseea.org](http://www.chooseea.org) 507-259-7570**