

JUMP

Joining * Unifying * Motivating * People

We believe our commitment is to provide activities & opportunities to improve the health & wellness of citizens in our community with developmental disabilities & mental health issues.

We believe that by involvement, action, & an organized plan, we can assist in opening doors for those who may not have had the chance before to participate in enjoyable, rewarding, & beneficial activities.

We believe that as an organization with long-standing experience in fitness, health, and fun activities in Lewis County, that the partnership of Thorbecke's Healthy Beginnings & Lewis County Social Services will continue to develop & grow positively for the future.

We believe people of all ages can enjoy the benefits of a healthy lifestyle. We know that by encouraging these types of behaviors we can help people to lead to a more positive & enriching life experience.

We believe participation from a variety of people, organizations, & businesses should be involved in our JUMP program. We look forward to creating & expanding positive relationships in our region.



Our Vision

Our vision is to create a dynamic program that will lead to more inclusive participation of people with developmental disabilities & mental health issues into our community at-large.

Our Mission

We hope to accomplish this through establishing relationships with area resources such as clubs, businesses, & organizations that provide recreational & leisure activities for disabled people of all ages.

The JUMP Program

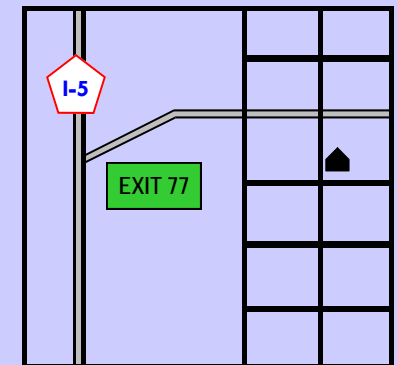
Our program includes weekly exercise classes & activities for participants providing instruction & health benefits. Through these events we hope to lead participants to a place of comfort that will lead them in accessing ways to develop themselves toward physical wellbeing.

Our assessment process will help to determine each individual's ability to perform physical activity exercises through a comprehensive analysis of their social, physical, & emotional status, concluding with a recommended Individual Wellness Plan for each participant.

Our activities include dance nights, bingo game nights, & fitness classes. We hope to add additional activities as we grow our program.

Directions to Thorbecke's FitLife Center in Chehalis:

Take Exit 77, head East on Main Street. Take a Right turn onto Chehalis Avenue. Continue South for 1/4 mile until you see our driveway on the right.



JUMP

91 SW Chehalis Avenue
Chehalis, WA 98532

Phone: 360 748-3744

Fax: 360 748-7163

E-mail: jump@thorbeckes.com

Contact: Christine Richart,
Program Director