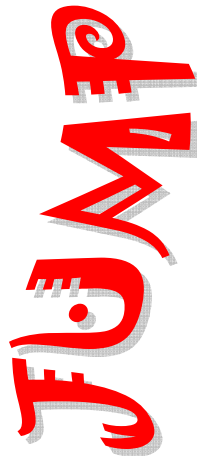
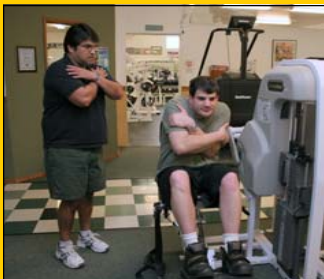


Activities Include...

We are excited to offer FUN activities & classes, memberships, & OPPORTUNITIES including...

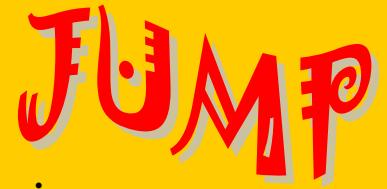
Fitness Classes

These activity classes are offered weekly. Please contact our Program Director for days & times.



*Joining * Unifying * Motivating * People*

91 SW Chehalis Avenue
Chehalis, WA 98532
Phone: 360 748-3744, X2103
Fax: 360 748-7163
E-mail: jump@thorbeckes.com
Contact: Sue Hill
Program Director



**Lewis
County
Recreation
Program for
Citizens with
Developmental
Disabilities &
Mental Health
Issues**

Provided by:



NON-PROFIT

**Thorbeckes FitLife
Center in Chehalis
91 SW Chehalis Ave.
Chehalis, WA 98532
(360) 748-3744**

www.thorbeckes.com

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.

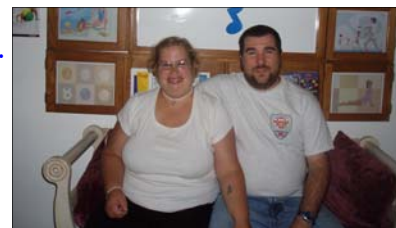
Our Mission

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

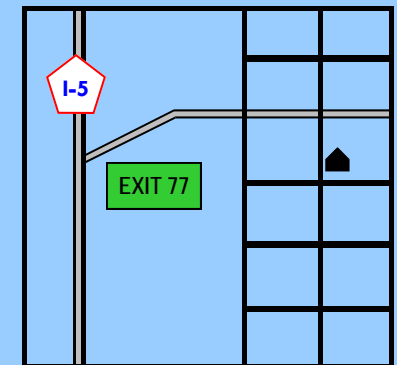
Our program includes weekly exercise classes & activities for participants providing instruction & health benefits. Through these classes we hope to lead participants to a place of comfort that will lead them in accessing ways to develop themselves toward physical wellbeing.

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.



Directions to Thorbeckes 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.



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