ROCKY MOUNTAIN DOWN SYNDROME ASSOCIATION

HVE@DU

# Supporting Lifelong Mental and Physical Wellness

## Quarter 1, 2020

**January 29 and 30 –** Introductory Class: Review of curriculum, brainstorming of student goals and feedback, team building activities, social and communication skills activities.

**February 5 and 6–** Yoga and Meditation for mental and physical wellness (come dressed for a yoga class); meditation and yoga iPad apps; with guest yoga teacher.

**February 12 and 13–** Maintaining physical fitness as a busy adult; physical fitness needs specific to adults with Down syndrome; with guest teach Sarah Mann (PT, DPT).

**February 19 and 20-** DU Fitness Center tour and workout with DU fitness buddies.

**February 26 and 27–** Balanced nutrition review, with discussion and research of easy-prep healthy snacks and meals.

**March 4 and 5-** Grocery store tour and scavenger hunt; review of easy-prep healthy snacks, meals, and shopping lists.

**March 11 and 12–** Healthy meal and snack prep in the DU learning kitchen, with DU student volunteers.

**March 18 and 19–** Student health and wellness presentations and healthy snack potluck (students only).