



# In Motion, In Community: Wellness for People with IDD/A and their Supporters

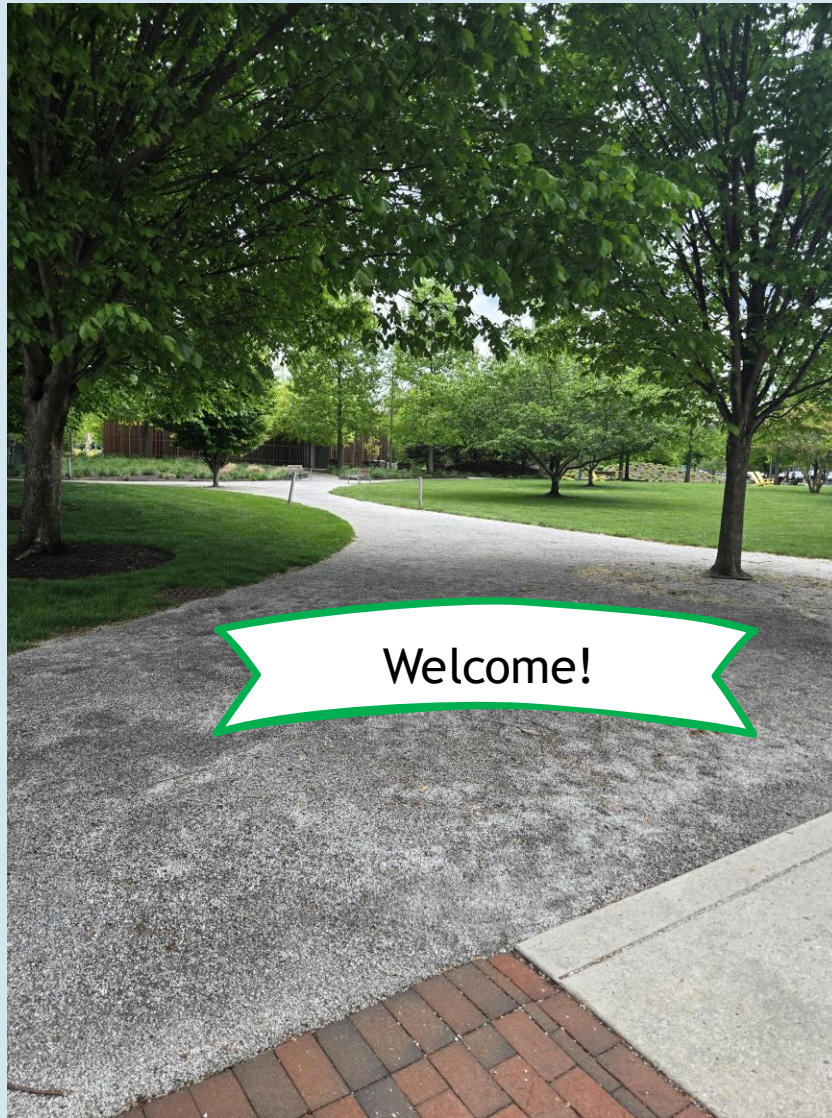
Kickoff Event - May 29<sup>th</sup>, 2026

11:00am - 1:00pm

Central Green at the Philadelphia Navy Yard

Thank you for joining us!

You will  
arrive at  
Central  
Green at  
the  
Navy  
Yard.



We have lots of people who are here to help at the event! They will wear this shirt.



You can park nearby, or at the Jefferson parking garage.



A volunteer can help you find our event space.



If you are being dropped off, you can meet us at the arrival entrance.

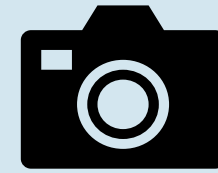
When you arrive, you will check in at the registration table.



You will get a 321go! bag and fill out a quick survey.



There  
will be a  
DJ and  
a photo  
booth!



There will be 6 activity tables.

# Visit every table! Every table has an activity for you.

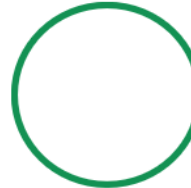
- Exercise
- Goal setting
- Hobbies and relaxation
- Positive thinking
- Healthy relationships
- Walking the track

You will have an event map. You can get a stamp from each table you visit. If you visit all the tables, you can enter to win a raffle prize!

# Collect your stamps!



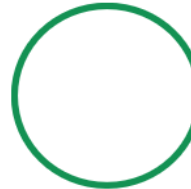
Exercise +  
NDSS



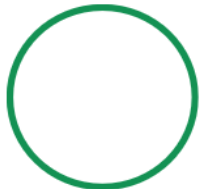
Positive  
thinking + The  
Arc of  
Philadelphia



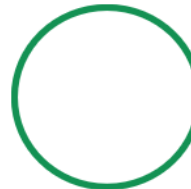
Goal setting



Healthy  
relationships +  
Carousel  
Connections



Hobbies +  
relaxation



Visit the track +  
Special  
Olympics  
Pennsylvania



Visit every activity table and get a stamp on your passport! Bring your completed passport to the registration table and enter to win a raffle prize.

Visit our community partners at the activity tables!



***Special  
Olympics  
Pennsylvania***



**national down syndrome society**

**ndss**®



[ArcPhiladelphia.org](http://ArcPhiladelphia.org)

Serving Philadelphia and Delaware Counties

These are some areas you will see.



If you need a break, you can visit our quieter sensory space.

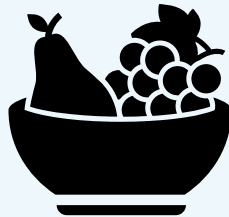


We will have headphones, fidgets, and coloring activities here.

We will also have health screenings.



There will be water and healthy snacks at the event.



After the event is over, you can look at pictures and get ready for our virtual events!

All sessions will begin at 11:00am

- **Thursday July 16th** - Choosing healthy beverages using the "Sip Smart" model
- **Thursday September 17th** - Mindfulness, stress reduction, and setting your space up for success
- **Thursday November 5th** - Physical activity and chair yoga
- **Thursday January 14th** - Making healthy choices and substitutions
- **Thursday February 11th** - Wrap up celebration at the Jefferson Dixon College of Nursing

By signing up for the kickoff event, you are automatically registered for all the virtual events.

A light green background with abstract, overlapping circular and rectangular shapes in various shades of green. A dark blue horizontal band is positioned across the middle of the page.

# We are so excited to see you!



Questions? Contact us:  
[rosemary.corcoran@jefferson.edu](mailto:rosemary.corcoran@jefferson.edu)



# Jefferson Health

HOME OF SIDNEY KIMMEL MEDICAL COLLEGE

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