



INDEPENDENT MOUNTAINEERS

PROGRAM DESCRIPTION (AGES 18-29):

The Independent Mountaineers Program is designed for young adults (ages 18-29) requiring structured learning activities which support gaining true independence with self care, healthy living practices and taking responsibility for maintaining a balanced lifestyle. These modules are built to provide foundational success in developing stronger skill sets for mastering everyday tasks with less prompting from family members and/or peer mentors. Through weekly practice challenges, planning exercises and the use of digital tools, participants in the course will gradually improve self awareness of the personal responsibilities required to climb the 'Mountain of Independence'.

PROGRAM SCHEDULE:

Tuesday, Wednesday & Thursday (9:30 AM to 11:30 AM)

PROGRAM FEES:

\$525 per module (4 weeks per module)

Family Bundle Discount – AM and PM classes \$850 per month (10 modules Sept.7th, 2021 to June 24th, 2022)

START DATE:

September 7, 2021

See Modules on Page 2

MODULE	THEMES	ACTIVITIES
Module 1 Daily Routines and Sleep Wellness	<ul style="list-style-type: none"> Maintain a Regular Schedule, Sleep Patterns and Device Use 	<ul style="list-style-type: none"> Consistent Sleep Patterns Setting up Devices to Support Routines and Reminders A Balanced Day with Devices
Module 2 Health Management	<ul style="list-style-type: none"> Medications, Appointments and Advocating to Health Care Providers 	<ul style="list-style-type: none"> Medication Management Scheduling Appointments Speaking with Professionals Ordering Prescriptions
Module 3 Nutrition Needs	<ul style="list-style-type: none"> Healthy Plates, Shopping and Portion Sizing 	<ul style="list-style-type: none"> Healthy Meal Plans Budget Shopping for Good Food Kitchen Safety
Module 4 Exercising Your Mind and Body	<ul style="list-style-type: none"> Physical and Mental Wellness 	<ul style="list-style-type: none"> Modified Exercise Programs Creating Calm Wearable Technologies
Module 5 - Curriculum Review and Learning Reflection Project		
Module 6 Hygiene Habits	<ul style="list-style-type: none"> The Ins and Outs of Taking Care of Your Body Long-Term 	<ul style="list-style-type: none"> Product Reviews Personalized Checklists Practice Scenarios
Module 7 Relationship Building	<ul style="list-style-type: none"> Progression of Friendship, Social Dynamics 	<ul style="list-style-type: none"> Face to Face Relationships Social Media Relationships Building Your Social Intelligence
Module 8 Planning vs Doing	<ul style="list-style-type: none"> Visualizing a To-Do Lists vs Checking Tasks Off 	<ul style="list-style-type: none"> Goals vs Action Plans Visualization Exercises Apps for Organization
Module 9 Balancing What's Personal	<ul style="list-style-type: none"> Healthy Life Platter Staying Motivated Getting Help if Needed 	<ul style="list-style-type: none"> Growth Mindset Grit and Self Determination Life in Balance
Module 10 - Curriculum Review and Learning Reflection Project		

*Please note, Module content and/or order of delivery date is subject to change based on curricular revisions to accommodate student profiles and continuity of learning trends. Please check your monthly program news for updates.