

Our Vision

We hope to see our individuals make healthier choices overall when it comes to their physical, nutritional, mental, and emotional health. We want the individuals to use the knowledge that they have learned and apply it to their overall health and wellbeing.

"Day to Shine"

Due to COVID-19, the Annual Tim Tebow's Night To Shine Dance co-hosted by the LEC was cancelled. In response, we gave LEC individuals an opportunity to dress up and be pampered. It was their "Day to Shine". Participants enjoyed hors d'oeuvres, dancing, a photo shoot and being presented with a flower in a safe environment. For those sheltered in place, we brought Valentines to them.



Community Engagement

GCSU GIVE Center MLK Day of Service at the LEC- we were given the opportunity to partner with GCSU, LEC and community volunteers to help the LEC create opportunities for students to engage with individuals from the LEC in an outdoor setting. We built tables, benches, and cornhole boards that will be used for social, recreational and educational opportunities.

Potato Drop- An annual event sponsored by the GIVE Center and the Office of Sustainability that provides the local community- potatoes. As volunteers we worked alongside LEC volunteers and helped bag and distribute over 20,000 lbs potatoes to local churches and food banks.

Black & White Gallery- The Black and White Gallery was an event that showcased the artistic abilities of the individuals from LEC, through painting, photography, and more. This event gave the public an opportunity to appreciate their talents and purchase their artwork. It turned out to be a huge success.



Mini Projects

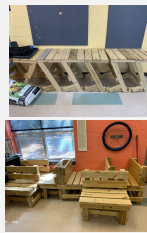
Corn Hole



Checkerboard



Tables & Benches



Monday Mini Camps

Recreation- We spent time at Lockerly Arboretum with the individuals leading recreational games such as, parachutes, croquet, bocce ball, kickball and more. It allowed the participants the opportunity to engage in social interactions develop team building skills and to improve their overall physical fitness.

Nutrition- Educating the participants about simple and effective ways to incorporate healthier alternatives into their lifestyle. We demonstrated how to cook healthy foods, provided tasting opportunities while discussing the nutritional benefits that result from healthier choices...

Art in the Park- Art and craft projects incorporating the beauty of Lockerly Arboretum. The participants enjoyed expressing their own artistic gifts and talents, while enhancing fine motor skills through a variety of art mediums. Participants got the opportunity to make hanging flower pots, nature picture holders, and much more.



Other Health Promotion Programs

Yoga Sessions- Group yoga provided an avenue for individuals to focus on themselves while learning relaxation skills.

Eat your Heart Out- Nutritional course held on Wednesdays that focused on the importance of healthy eating as a lifestyle. All participants received a cookbook of the recipes shared.

Group Training Sessions- Exercise classes utilizing cardio and resistance training to improve the health and well-being of each participant.

Personal Training Sessions- Supervised individual workouts by GC Exercise Science practicum students and LEC participants.

