

NCHPAD MENTOR

This 8-week program focuses on physical, mental and emotional health for individuals with disabilities. And since no one's experience is one-size-fits-all, our program is specifically created with you in mind.

Mindfulness

MENTOR focuses on mindfulness to give you a clear and focused outlook on your wellness journey, allowing you to continue to meet your wellness goals long after the program has ended.

Exercise

Our wellness program is adapted to your exercise goals and needs, providing comprehensive classes and equipment.

Nutrition

Proper nutrition is key to good health. Our registered dietitian will help you create a foundation in nutrition to better your health and be mindful about the foods you put in your body.

Resilience

Our holistic approach to resilience merges mental, physical and emotional health to optimize the way you live.

MENTOR: A Fresh Approach to Health and Wellness.

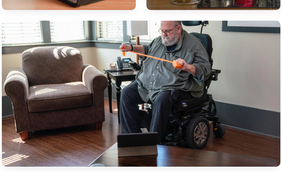
Join NCHPAD Connect to access the MENTOR Program and other resources, promoting wellness through learning, belonging and self-discovery.

Secure your spot!









Enrich Your Well-being with the MENTOR Program

Discover a wealth of free support and resources within the MENTOR Program, designed to empower your holistic well-being.

- **Expert Support Team:** Access to top-notch fitness instructors, registered dietitians, and mindfulness coaches.
- **Virtual Sessions with Specialists:** Engage in interactive virtual classes led by disability health experts.
- **Hassle-Free Participation**: Convenient delivery of all necessary equipment right to your doorstep.
- **Online Learning and Community Platform:** Track your progress, set goals, and connect with fellow members in an accessible online portal.
- **Group Health Coaching:** Engage in collaborative guidance tailored to your needs.

Frequently Asked Questions

What is MENTOR?

MENTOR, which stands for **M**indfulness, **E**xercise, and **N**utrition to **O**ptimize **R**esilience, is an 8-week wellness program designed for people with mobility limitations. We focus on cultivating an improved sense of mental, physical, and emotional health using 11 wellness domains to help people achieve their goals.

What if I am immunocompromised?

Not to worry, due to COVID-19 we have made our entire program available online. You will meet virtually with one of our health and wellness coaches.

Does the program work the same for everyone?

We believe that every individual is unique. Our health experts will design a personalized wellness plan tailored to you. We will provide the tools and expertise needed to help you reach your health goals.

What types of disabilities does MENTOR focus on?

Our health experts specialize in delivering programs for people who have mobility limitations. MENTOR participants range from individuals who have an acquired disability to congenital diagnosis including but not limited to spinal cord injury, stroke, traumatic brain injury, multiple sclerosis, Parkinson's, limb loss, cerebral palsy, or spina bifida.

Can the program be adapted to my mobility needs?

Yes, it can. Staff are specially trained to work with a number of disabilities and can adapt the program to fit your needs as well as providing any specialized exercise equipment.

When and where are classes offered?

All classes are virtual so you can participate from the comfort of your own home. Classes are offered at a few different times throughout the week. You will work with one of our coordinators before the program begins to select the times that work best with your schedule.

How do I sign up for MENTOR?

First you need to join NCHPAD Connect. Once you join NCHPAD Connect and fill out our questionnaire, our team will work with you directly to get you enrolled.

What is the time commitment?

Five hours per week, hosted through a live virtual Zoom classes by one of our health professionals.

How much does the program cost?

It doesn't cost anything except your time.

Need Help Getting Started?

Have questions about NCHPAD? We're here to help!

Contact Us

NCHPAD Connect

NCHPAD is working to improve participation and access to health promotion opportunities, programs and resources through NCHPAD Connect.

Learn More

The National Center on Health, Physical Activity and Disability is headquartered at the University of Alabama at Birmingham (UAB) School of Health Professions.

The National Center on Health, Physical Activity and Disability (NCHPAD) is a public health practice center providing inclusive health promotion programs and resources for people with disabilities. NCHPAD is funded by the Centers for Disease Control and Prevention (CDC), National Center on Birth Defects and Developmental Disabilities (NCBDDD), Division of Human Development and Disability, Disability and Health Promotion Branch, Grant #NU27DD000022. The contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

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