

Are you 12 to 21?

Let's get MOVING?



GoodLife Kids Foundation is a registered charity, focused on helping kids and youth with special needs have equal opportunities to experience the joys and benefits of being active. As the work you do touches the lives of individuals with special needs, I wanted to let you know about a new program now available in your community – **MOVE by GoodLife Kids**.

MOVE by GoodLife Kids is a virtual physical activity program for youth with intellectual disabilities and/or autism, ages 12 - 21. MOVE is offered 3 times a week and led by a Coach with expertise in delivering fitness to individuals with special needs. We have introduced MOVE in order to eliminate some of the barriers to participation that youth with special needs face – such as higher cost for adapted programming, lack of available programs to suit individual needs, inaccessible environments and isolation due to COVID-19.

We are offering MOVE at **no cost to families** to ensure this is not an additional barrier to participation. This has been made possible through funds raised by GoodLife Fitness Members and Associates in support of GoodLife Kids Foundation.

We're now accepting applications for participants in the following locations: **Belleville ON**

A potential MOVE Participant is:

- **12 to 21 years with an intellectual disability and/or autism**
- Lives in one of the listed communities and/or surrounding area
- Has access to a computer and an internet connection

Participant numbers will be limited for each location. Our goal is to ensure each participant feels welcomed, has the individual attention required and a fantastic experience.

I'm hoping your organization will be able to assist by [sharing information](#) about **MOVE by GoodLife Kids** with anyone in your network that may be interested in this program. Lisa Cardinal, MOVE Program Director is available to answer any questions you may have. You may reach her at lisa.cardinal@goodlifekids.com.