

**Immigrant and Refugee Family Wellness Engagement Through Yoga and Zumba**

Yoga-Zumba Team  
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University of New England  
Center for Excellence in Interprofessional Education  
716 Stevens Avenue  
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Dear CEIPE Team:

In an effort to equip the underserved immigrant and refugee populations of Portland, ME with sustainable health and wellness tools, an interdisciplinary team of six students would like to collaborate to offer group programs at the Riverton Community Center. This team of graduate students consists of two occupational therapy (OT) students, two physical therapy students (PT), one social work (MSW) and one public health (MPH) student.

This collaborative project aims to increase the participants' ability to utilize stress reducing activities through a program blend of student created health education materials and yoga and zumba classes for refugee women and children. OT and PT students will host a four week program where women will attend yoga classes once a week for two weeks, while their children simultaneously participate in zumba classes; then the program will be flipped and the children will engage in yoga, while the mothers participate in zumba. MSW and MPH students will collaborate with the OT/PT students and community health workers to enhance outreach efforts for the program and create culturally appropriate health education materials for participants. Participants will be assessed pre and post completion of the six classes regarding identification of their goals and whether or not they were met in the four weeks.

Upon conclusion of the project, students will provide an oral presentation of the project which will include: presentation of created health education materials, pre and post assessment results, and recommendations for sustaining health promoting behaviors with the targeted population in the future.

Sincerely,



Elizabeth E. Crawford (Team Liaison)  
MSOT 2016

### Estimated Timeline & Benchmarks

Date	Benchmark	Responsible Student(s)
9/26	Draft printed materials in English: 1. Save the date/flyer 2. Class handout	Liz, Trixie, Brittany, (all provide input)
10/1	Printed materials approved by faculty	Brittany/Trixie
10/7	Finalize translated materials, print distribute	Brittany/Trixie
10/8	Report to CEIPE Office	Liz/Faith
10/19-12/6	Implement 4 classes (1/week)	Liz, Faith, Kate, Angela
10/22	Report to CEIPE Office	Liz/Faith
11/5	Report to CEIPE Office	Liz/Faith
11/19	Report to CEIPE Office	Liz/Faith
12/3	Report to CEIPE Office	All
TBD	Professional Presentation of Findings	All

### Proposed Budget

CHOWS (3)	\$25/hr each x 6 sessions (4 classes+1-2 planning sessions)	\$600
Yoga Mats (10 each)	Mats (\$15) (+\$20 shipping)	\$150
Incentives	Rice Bags/Hannaford Gift Cards	\$250
Refreshments	Determined by participants	\$200
Printing	Outreach materials, Handout	\$100
		<b>\$1300 = Total</b>

## References

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