

THE EMPOWER HOUR

With Scolios-us

GET AHEAD OF THE CURVE WITH THE EMPOWER HOUR

Join The Empower Hour and make some new friends while learning a little more about yourself in the process! Our expert leaders will guide you through uplifting, informative, and fun discussions about confidence, stress management, and so much more. This power-packed series will leave you feeling ready tackle all of life's curveballs!



Still on the fence? Dive into the details below and discover why you absolutely need to hop on board:

✓ Expertly Designed Content

The content for Empower Hour has been specifically designed for kids & teens with scoliosis by pediatric psychologists and social workers. The program has been researched and validated, with 100% of scoli parents recommending the program.

✓ Easy to Participate

The Empower Hour is entirely virtual and takes place outside of school/work hours to make it easy for you to join from wherever you are. The initial four-session series is followed by special Saturday sessions that dive into specific topics.

✓ Scoli Squad Approved!

Don't listen to us - listen to our EH graduates:

"It helped me feel more comfortable wearing my brace in public. I think I'll have a better attitude about things" - JP

"Honestly, I wouldn't change anything about The Empower Hour. I liked it all!" - MH



Learn More!

bracingforscoliosis.org/empower-hour