

Special Olympics **Healthy Athletes**[®]



Spring Games 2019
Pacific Lutheran University
(Morken Center)

Saturday June 1st
5:00pm-9:00pm

SOWA Athletes are invited to join Healthy Athletes to receive free health screenings and giveaways!

Raffle Prizes include a Fitbit & Fitness Swag Bag!



FUNfitness is the physical therapy component of Healthy Athletes designed to assess and improve an athlete's flexibility, functional strength, aerobic capacity and balance. These screenings also educate participants, families and coaches.



Special Smiles provides comprehensive oral health care information, including free dental screenings and instruction on correct brushing and flossing techniques to participating Special Olympics athletes. This also includes issuing preventative supplies like toothpaste and toothbrushes and fluoride varnish.



Strong Minds is an interactive learning activity focused on developing adaptive coping skills. Competition provides a natural opportunity to develop active strategies for maintaining emotional wellness under stress, such as: thinking positive thoughts, releasing stress and connecting with others.



Healthy Hearing provides free hearing screenings and other medical services, including ear wax removal, swim molds, hearing aid maintenance and minor repairs for people with intellectual disabilities.



Special Olympics
Health

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