

Healthy Athletes

Saturday, August 17th (5:00pm- 9:00pm)
Everett Community College- Liberty Hall



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.



Healthy Hearing increases access to care for SOWA athletes by providing free hearing screenings and other medical services, including ear wax removal, swim molds, hearing aid maintenance and minor repairs.



Health Promotion uses health screenings, interactive educational tools and displays, motivational literature and demonstrations to heighten the awareness of athletes, reinforcing the need to improve and maintain an enhanced level of wellness and self-care. It also provides screening for BMI, blood pressure, and bone density.



Opening Eyes increases athletes' access to care by providing free eye assessments, prescription eyewear, sunglasses and sports goggles. At the end of the 12-step visual exam, a decision is made if new glasses may be helpful. Through the generosity of our corporate sponsors Essilor (lenses) and Safilo (frames), athletes choose from a selection of free eyewear or plano sunglasses.



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 helps athletes develop active strategies for maintaining emotional wellness under stress, such as: thinking positive thoughts, releasing stress and connecting with others. Athletes learn about and try a few different active coping strategies and identify the strategies they like best. Volunteers provide them with visual reminders to use these tools in competition and in daily life.



Raffle prizes include a Fitbit & Fitness Swag Bag!

CONTACT:
Della Norton
Healthy Athletes Manager
dnorton@sowa.org