



## FREE Health Screenings!

Saturday, March 2nd (4:00pm to 8:00pm)

2024 Winter Games: Wenatchee Convention Center



**Fit Feet** - Many Special Olympics athletes suffer from foot and ankle pain, or deformities that impair their performance. Fit Feet offers screenings to evaluate ankles, feet, lower extremity biomechanics, and proper shoe and sock gear to participating athletes. Fit Feet helps Special Olympics athletes step lively on the playing field, and in everyday life.



Hearing loss negatively impacts communication ability, quality of life, social interactions and health. **Healthy Hearing** increases access to care for Special Olympics Washington's athletes by providing free hearing screenings and other medical services, including ear wax removal, swim molds, hearing aid maintenance and minor repairs for people with intellectual disabilities.



**Health Promotion** focuses on healthy living, healthy lifestyle choices, and nation-specific health issues. In addition to health education activities, health Promotion offers screenings for bone density, blood pressure, and body mass index (BMI). Its goals include encouraging and enhancing healthy behaviors and improving self-efficacy and self-advocacy.



For more information, contact:  
**Emma Richardson** / [erichardson@sowa.org](mailto:erichardson@sowa.org)

