



FREE Health Screenings!

Saturday, January 25th (12:00pm to 5:00pm)

Sub-Regional Tournament - Marysville Pilchuck HS

5611 108th St NE, Marysville, WA 98271



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. Athletes try a few different active coping strategies as they move through the stations. Before exiting, athletes identify the strategies they like best and volunteers provide them with visual reminders to use these tools in competition and in daily 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.

If you are an athlete,
registration is not
required. Just show
up!



If you are a volunteer, you can
scan this link. This is a **NEW**
registration portal. Even if you
have volunteered before, you
will need to make a new account
before selecting your event.

For more information, contact:
Bailey Blackburn bblackburn@sowa.org



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