



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.

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



MADE POSSIBLE BY **Golisano** FOUNDATION

