



Saturday, November 23rd
5:00pm- 9:00pm
Chiawana High School - Pasco, WA



Fit Feet increases athletes access to foot care by offering podiatric screenings to evaluate ankles, feet, lower extremity biomechanics, and proper shoe and sock gear to participating athletes.



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.



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.



Screenings are open to ALL athletes!

Raffle prizes include a Fitbit & Fitness Swag Bag! Athletes who complete 2 or more screenings will receive a Kaiser Permanente fitness bag and beanie!