

# Health Promotion Screening

May 6th, 2022 - 3:00pm - 9:00pm

Mirabeau Park Hotel - Spokane, WA



Special Olympics  
**Health**

MADE POSSIBLE BY **Golisano** FOUNDATION



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OF SPECIAL OLYMPICS WASHINGTON

Health Promotion uses interactive educational tools and displays, motivational literature, and demonstrations to raise the awareness of Special Olympics athletes about the need to improve and maintain an enhanced level of wellness and self-care.

Additionally, Health Promotion interviews athletes to assess their health habits, and conducts health screenings in three key areas:

- **BMI– body mass index based on height and weight**
- **BP – blood pressure**
- **BMD – bone mineral density.**

Health Promotion is by design fun, interactive, positive, and engaging. In this environment, we help athletes learn how small changes in their behavior can help them improve and maintain good health and sports performance.

## Eligible volunteers include:

- Dietitians/Nutritionists
- Physicians
- Nurses
- Physician Associates
- Students in exercise science, nutrition, and public health
- Pre-Med and medical students
- General Volunteers - check-in/out/additional support

## CONTACT

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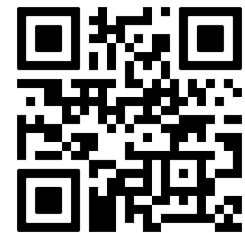
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## Purpose of the Screening:

- Encourage and enhance healthy behaviors, such as eating fruits and vegetables, handwashing and sun safety;
- Reduce risky behaviors, such as smoking and poor nutrition;
- Improve self-efficacy and selfadvocacy;
- Deliver screening services, and
- Increase the investment of health promotion leaders for people with intellectual disabilities.



**SIGN UP TO  
VOLUNTEER**