

Special Olympics  
**Healthy Athletes**<sup>®</sup>



**2022 Fall State Games**  
November 19th, 2022  
4:00pm to 8:00pm  
Desert Hills Middle School



**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.



**Special Smiles** provides comprehensive oral health care information, offers free dental screenings and instructions on correct brushing and flossing techniques to Special Olympics athletes. This also includes issuing preventative supplies, like toothpaste, toothbrushes and fluoride varnish.



**Health Promotion** uses health screenings and interactive educational demonstrations about: tobacco avoidance, physical activity, sun safety, bone health, nutrition, hydration and hand-washing, to heighten the awareness of athletes, reinforcing the need to improve and maintain an enhanced level of wellness and self-care. It also provides screening for BMI, blood pressure, and bone density.



**Athletes who complete a screening will be eligible to win a prize!**

Brooks Running Shoes

A Fitness Kit

FitBit

Mystery Prizes

**Screenings are open to ALL athletes!**



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