

Summer 2023



Special Olympics
Health

MADE POSSIBLE BY **Golisano** FOUNDATION



Fitness Intro Webinars

Special Olympics Washington fitness programs empower athletes to stay healthy!

Introductory Fitness Webinars will guide coaches, volunteers, and athlete leaders through the basics of SOWA's fitness programs and how to participate.

**JUN
28**

5:00PM-6:00PM

Register: <https://bit.ly/3X0tlvy>

FIT5

**JUN
29**

5:00PM-6:00PM

Register: <https://bit.ly/3Xfq1MF>



WALKING CLUB

Contact: fitness@sowa.org