



Special Olympics
Health

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FOUNDATION



Calling all Athletes! GTA Healthy Athletes Screening and Bocce Drop In

The Special Olympics Healthy Athletes program is a worldwide initiative that provides screening and education to Special Olympics athletes and people with intellectual disabilities. Screenings are organized in a fun and friendly environment to aid in promoting a healthy lifestyle to athletes. People with intellectual disabilities not currently participating in Special Olympics are also invited to attend. **Athletes are also invited to participate in some friendly Bocce competition on a drop in basis.**

Date:

Saturday, March 23rd, 2024

Location:

Albert Campbell Collegiate Institute 1550 Sandhurst Cir, Scarborough, ON M1V 1S6

Time:

11 am - 3 pm.

***No registration required**

FREE GIVEAWAYS!

- Mouthguards (and fitting on site)
- Compression Socks
- Stress Balls
- Moisturizer

GTA Healthy Athletes Screening

Disciplines Offered:



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HEALTH PROMOTION

Health Promotion provides athletes with valuable health information, of which a large component is dedicated to nutrition. Education provided to athletes will vary depending on ability level but will focus on ideas that athletes can implement into their daily routines and reinforce positive practices.



FIT FEET

Fit Feet offers podiatric screenings to evaluate ankles, feet, lower extremity biomechanics, and proper shoe and sock gear to participating athletes. This screening seeks to better equip participants for sport and for life.



STRONG MINDS

Strong Minds is an interactive learning activity focused on developing adaptive coping skills. Athletes learn about and 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.



SPECIAL SMILES

Special Smiles provides comprehensive oral health care information, including free dental screenings and instruction on correct brushing and flossing techniques to participating Special Olympics athletes.

