

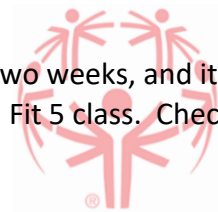


Healthy Communities October 2021 Health Bites



Dear Friends of Special Olympics Montana-

We put our big toe in the water with returning to in-person events these past two weeks, and it is still there. It didn't fall off! With careful Covid protocols in place, we held MedFests and a Fit 5 class. Check 'em out!



MedFest Events!

We completed two MedFest events (which provided athletes with a free physical exam) the past two weeks in Billings and Bozeman. We had a total of 28 athletes go through our screening and education stations. We had the Lions Club do our vision screening with their PlusOptix equipment in Billings, which was a great addition to our event. Our **Kalispell MedFest** has been rescheduled for **Friday, October 29**, at the Gateway Community Center, 4:00-6:00 pm. Contact Glacier Area Director Terri Siefke to register: terrisiefke@gmail.com



Billings



Bozeman



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Fit 5 Classes Resume!

After a difficult year with Covid-19 and the inability to meet in-person, we are rebuilding our Fit 5 classes across Montana. Fit 5 is based on the three simple goals of exercising 5 days per week, eating 5 total fruits and vegetables per day, and drinking 5 water bottles of water per day. The Peak Health & Wellness Center in Great Falls was the first site to reengage and offer a class this fall. We trained a new fitness instructor, Kelly Herda, and, as of September 27, her Fit 5 class is up and running.



FIT5 GAME ON!

Special Olympics Health
MADE POSSIBLE BY GOLISANO FOUNDATION

JOIN A FIT 5 CLASS!

WHEN:
Mondays, 10:00-11:00 am
Starts on **September 27**

- o Runs for 8-weeks
- o Limit of 15 athletes

WHERE:
PEAK Health & Wellness Center
1800 Benefis Court
Great Falls

WHO:
All Special Olympics Montana athletes

CONTACT

Contact Katie Brooks at the PEAK to register:
406-604-4359
katie@peakgreatfalls.com

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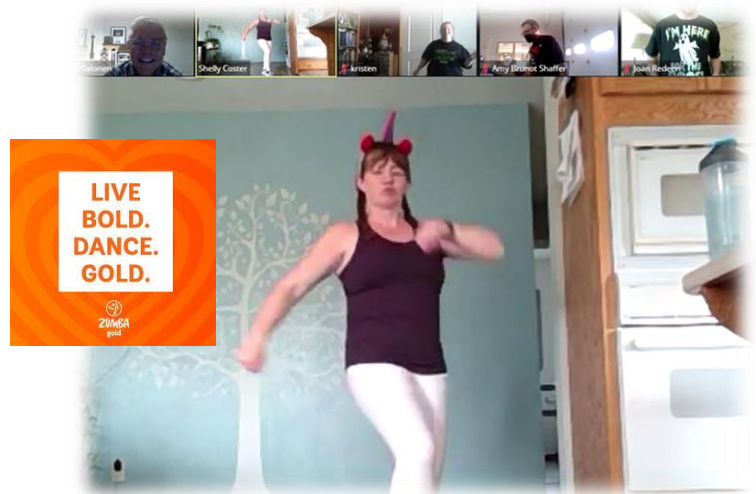
Come enjoy getting fit with your friends and fellow athletes!

EXERCISE 5
EAT 5
DRINK 5

Zumba Gold & Zoomba Return!

Check 'em out!

- Zumba Gold: Tuesdays at noon
- Zoomba: Thursdays at 4:30 pm



Instructor Shelly Coster with Zumba Gold

Contact Bill Salonen at bsalonen@somt.org for the Zoom links

Holiday Happiness Challenge!

We are partnering with our friends at Special Olympics Colorado (SOCO) to offer a “Holiday Happiness (mini) Challenge.” We are planning to host the 4-week challenge from November 8th-December 5th.

SOCO and SOMT are offering athletes an opportunity to focus on their mental health around the holidays. Join us for a 4-week wellness “retreat” where we will be offering a variety of tools to try out and use during times of stress, anxiety, depression, etc. The first 20 who sign up will receive a kit with all the tools needed for the retreat, along with a calming room spray to fill your room with calming scents.

Activities will include:

- Meditation with Guided by Humanity
- Holiday Card Making
- Winter Scene Painting
- Mala Bracelet Making
- And much more!



Sign-up begins on October 18. Contact Bill Salonen at bsalonen@somt.org for more information.

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