



Healthy Communities  
May 2022  
**Health Bites**



Dear Friends of Special Olympics Montana-  
Take a moment and look at the amazing athletes involved in our SOMT health and fitness programming!  
Enjoy seeing the pictures of these active athletes giving their best!



**Missoula MedFest, FUNfitness, and Health Promotion Event**

We held a MedFest (free physical exam), FUNfitness (physical therapy screening), and Health Promotion (vitals, height/weight, bone density testing, etc.) event in Missoula on April 4<sup>th</sup> on the University of Montana campus. **33** athletes went through the event and **39** volunteers helped with the screenings! *FUN TIMES!*





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**THANKS** to Five Valleys Area Director Mary Peters and to Susan Peters for their support. **THANKS** to our clinical directors Jen Stephens, Nicole Donisthorpe, Mary Pittaway, and Rebecca Morley. **THANKS** to our physicians from Family Medicine Residency of Western Montana. **THANKS** to our student volunteers from the University of Montana PT program and the Missoula College nursing program. **THANKS** to Drew Babcock and Mitch Willet from the U of M for lining up the venue for us. **THANK YOU, ALL!**

**THANKS** to Paul & Edith Buck from the Missoula Southside Lions Club for doing vision exams!



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## Athletes in Action with Fit 5!

This winter, athletes were involved in various Fit 5 classes at fitness centers and YMCAs across Montana. This picture highlights athletes at their Fit 5 class at *Forever Strong* in Bozeman.



Here are our Fit 5 classes for this spring and summer. Please join us!

- *PEAK Health & Wellness*- Great Falls  
Fridays at 10:00 am; Starts **April 29**
- *Missoula Walking Club*  
Playfair Park; Mondays & Wednesdays  
at 4:00 pm. Starts **May 23**
- *Hamilton Walking Club*  
Kiwanis Park; Tuesdays at 4:00 pm.  
Starts **May 24**
- *VRTX Fitness*- Missoula  
Saturdays at 11:30; Starts **June 4**

## Join the 2022 Summer Move Challenge!

**WHAT:** An 8-week movement challenge to see how many minutes of intentional exercise participants can complete each week. Each week has a health education reminder/focus.

**WHO:** Participants will have the choice of competing as an Individual (a Special Olympics athlete), Doubles (traditional or Unified), or as part of a Team (traditional or Unified, 4 people total).

**WHEN:** Participant registration is May 23 - June 2. The Move Challenge will run **June 6 – July 31, 2022**. Contact **Bill Salonen** at [bsalonensomt.org](mailto:bsalonensomt.org) or 406-315-4230 to register.



## Dance with Us at the SSG Dance Carnival!

Join our "Hawaiian Luau" for Fun Times! ➡

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