



Healthy Communities October 2022 Health Bites



Dear Friends of Special Olympics Montana-
The fall season is here! Check out our most recent health events and upcoming fitness classes!



GREAT FALLS MEDFEST & SPECIAL SMILES EVENT!

We held a MedFest and Special Smiles event in Great Falls on September 14th. MedFest offers a free physical exam to our athletes in a health fair-type environment. Fall basketball season has started, so these athletes are now ready to practice and compete!

We had a wonderful group of volunteers from the MSU Nursing Program, the Great Falls College-MSU Dental Hygiene Program, and the Electric City Lions Club (they did the vision screening) who supported our athletes.



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Special Olympics Montana

Zumba!

Special Olympics Health
MADE POSSIBLE BY GOLISANO

Here's to a fabulous fall!
This 7-week session is going to be FUN!
Please join us!

Because it's virtual over Zoom, we call it "Zoomba"
We are offering this late afternoon class so athletes that work or go to school can join us.

"ZOOMBA" IS BACK!

WHEN:
Thursdays
4:30-5:00 pm

LED BY:
Kelly Harris

- New 7-week session
- Starts October 6

WHO:
All Special Olympics Montana athletes

CONTACT:
To participate, contact Bill Salonen at bsalonen@somt.org.
Once you are registered, Bill will send you a Zoom link.

ZUMBA FITNESS

ZOOM INTO ZOOMBA THIS FALL!

The amazing Kelly Harris is offering our athletes another session of Zumba dance (because it's virtual over Zoom, we call it Zoomba)! Kelly's 7-week class will be on Thursdays, from 4:30-5:00 pm, starting October 6. Contact Bill Salonen for the Zoom link at bsalonen.org.

OUR NEW DIRECTOR OF HEALTH & FITNESS

I am happy to announce that **Mallory Frank** is our new Director of Health & Fitness for SOMT. Mallory worked at St. Peter's in Helena in wellness, community health education, and staff wellness. She has experience in facilitating community health fairs like Healthy Athletes. Mallory's email address is mfrank@somt.org.

