



Upcoming Family Health Forum

Special Olympics Wisconsin will be hosting a Family Health Forum at this year's State Summer Games!

What is it?

Supported by Lions Club International Foundation, the Family Health Forum initiative is designed to engage families of those with intellectual disabilities (ID) in Special Olympics and offer an environment where parents and caregivers can gain direct access to health information, resources, and support.

Who Can Attend?

The forum is designed for individuals of all ages with intellectual disabilities (ID), as well as their parents, adult siblings, guardians, and all individuals from the community. Limited spaces are available and will be reserved on a first-come, first-served basis.

When, Where, and How Much Does it Cost?

Friday, June 9, 2023

5:30 p.m. - 6:00 p.m. Registration and Dinner

6:00 p.m. - 7:00 p.m. Welcome, Presentation, and Questions

Williams Center, UW-Whitewater (Room 184)

The forum is free and made possible by a grant from Special Olympics Incorporated and Lions Club International Foundation. Healthy food will be provided to registered participants on a first-come, first-serve basis.

Session Description:

SOWI continues to work towards better overall health and the choices that athletes and families make. SOWI wants to continue to share information of proper nutrition, eating habits, hydration and physical activity that families can do on their own.

The presentation will be in two parts: 1) Physical activity – continue to expand activities families can do at home. 2) Discuss what healthy eating habits look like.

To Register: fill out the Google Form: <https://forms.gle/KpZMzvYaEv1H1gyK9>

Questions? Contact Brittany Hoegh, Senior Director of Health Programs, at bhoegh@specialolympicswisconsin.org.



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