

June 2011

To: Coaches, Athletes and Families
From: Kathy Irving, Director of Special Programs
What: Special Olympics Iowa MedFest
Where: Carver Hawkeye Arena in Iowa City
When: Saturday, October 1, 2011
Time: 9 a.m.- 2 p.m.



The University of Iowa is partnering with Special Olympics Iowa to present a special MedFest and the opportunity for any current or new Special Olympics Iowa athlete to receive a free physical and health screenings.

Opportunities include:

1. **Free Physicals** for all Special Olympics athletes
 - New Special Olympics athletes
 - Athletes who have physicals on file but need to update them (Physicals must be updated every three years)
2. **Opening Eyes** – Free eye exams and glasses/sunglasses/sports goggles
3. **Special Smiles** – Free teeth screenings and mouth guards
4. **Healthy Hearing** – Free hearing screenings and hearing aids, if needed.
5. **Fit Feet** – Free feet and ankle screenings, shoe and sock fittings, and free foot inserts for those who need them.
6. **Fun Fitness** – Free screenings to identify need and to help to improve flexibility, strength and balance.
7. **Health Promotion** – Free bone density screenings, solar sun bracelets, “Got Milk?” photo, games that promote nutrition, and blood pressure checks

BONUS ITEMS!!

- Transportation costs provided for coaches/families (gas/bus rental)
- Lunch provided for all participants and coaches/families
- Fun giveaways at each of the seven disciplines
- Drawings for free t-shirts at each of the seven disciplines
- An opportunity to have a taste of a

“HAWKEYE ATHLETIC EXPERIENCE”

(Details to come at a later date... You won't want to miss this!!)

