



It's Back...



Please Join Us!

Special Olympics
Connecticut
Unified Sports Fitness Club



Regular Physical Activity:

- ◆ Weekly or bi-weekly training sessions with your club
- ◆ Continual health educational components, as well as health and wellness resources
- ◆ Focus on group motivation
- ◆ Unified Partners and Athletes working together



Rewards:

- ◆ Moves and miles tracked with individual accomplishments highlighted and rewarded
- ◆ Club rewards and club recognition
- ◆ Certificates, pins, motivational and special rewards for high activity achievers
- ◆ Improve personal health and fitness

Walking Sessions

Every Thursday & Friday
9:30 a.m.
Owen Bell Park (Dayville, CT)

