



**Special
Olympics**
Montana



HEALTHY COMMUNITIES HEALTH BITES

2025 Fall Edition



Join Our
Facebook Community



**SOMT Fitness
Challenge Group**



Scan me!



**Fit
Feet**



**FUN
Fitness**



**Health
Promotion**



**Healthy
Hearing**



MedFest



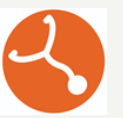
**Opening
Eyes**



**Special
Smiles**



**Strong
Minds**



August 2025 Kalispell & Great Falls MedFest & Healthy Hearing

Total screenings: 30

TOTAL REFERRALS: 21

"To be a great athlete, you must be a healthy athlete"

THANK YOU
to all the Clinical Directors and volunteers for making this MedFest & Healthy Hearing event a huge success!



SONA Move Challenge

Sign-up TODAY!



SONA Move Challenge

10.13.25

Save the Date!

SONA Move is for ALL Athletes!

THE SONA MOVE CHALLENGE RUNS OCTOBER 13 - DECEMBER 8 AND IS YOUR CHANCE TO BOOST YOUR FITNESS, SHARPEN YOUR MIND, AND HAVE FUN ALONG THE WAY.

REGISTRATION OPENS SEPTEMBER 8-OCTOBER 8 SO MARK YOUR CALENDAR AND GET READY TO MOVE!

STAY TUNED FOR RESOURCES, A KICK OFF WEBINAR DATE AND MORE!

Register now for the SONA Move Challenge by downloading the app. Search in the App Store for "Special Olympics Fitness App" 📲📱



Let's get moving!



New Fit 5 class ***Kalispell, MT***



starting
**OCTOBER
10TH**

**TO REGISTER,
CONTACT
ALEXIS JURAS**

ajuras@somt.org
or Call
406-315-4231

FIT 5 GAME ON!

Fit 5 is based on the three simple goals of exercising 5 days per week, eating 5 total fruits and vegetables per day, and drinking 5 water bottles of water per day



EXERCISE 5 DAYS A WEEK



**EAT 5 TOTAL FRUITS AND
VEGETABLES A DAY**



**DRINK 5 BOTTLES OF
WATER A DAY**

WHEN? Friday @ 10:30am -11:30am
Starts on October 10th
Runs for 8 weeks
Limit of 15 athletes

WHERE? Logan Health Performance Center
3240 Hwy 2 E
Kalispell, MT 59901

WHAT? Come enjoy getting fit with
your friends and fellow athletes!

WHO? All Special Olympics Montana
athletes





**Special
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During the State Basketball Tournament in Helena, we will be hosting a free

Friends and Family Dinner

This meal is open to the friends and families of SOMT athletes.

We will be sharing a brief presentation on supporting our aging Athletes with helpful information and discussion on housing and long-term care planning, building skills of independence, and more.

There will be free prizes and give-a-ways!

Good Food! Fun Times!

Join us!

State Basketball

When:

Friday, November 7th
5:00 PM -7:00 PM

Where:

Double Tree Hotel
22 N Last Chance Gulch

Who:

All Special Olympics
Montana families and
friends!



**Email Alexis Juras to register:
ajuras@somt.org**

Registration Deadline: Nov 3

See you at State Basketball!



FUN
Fitness



Fit
Feet



Strong
Minds



Health
Promotion



Special
Smiles

Healthy Athletes screenings: November 7, 2025

- FUNFitness
- Fit Feet
- Health Promotion
- Strong Minds
- Special Smiles

Special
Olympics
**Healthy
Athletes®**



COMING SOON
to SOMT!

What is a Fitness Captain?



Fitness Captains are athletes on a sports team who lead their team in activities related to fitness and healthy lifestyle

Fitness Captains have a passion for fitness and healthy habits



**Coaches can nominate an athlete today!
email Mallory Frank at mfrank@somt.org**