



**Special
Olympics**
Montana



HEALTHY COMMUNITIES HEALTH BITES

2025 Summer 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**



2025 State Summer Games Healthy Athletes

Total screenings: 106

95 eyeglasses, sunglasses, and sport goggles prescribed!

The Opening Eyes screening has returned after an 8-year hiatus!



**THANK YOU
to all the
Clinical
Directors and
volunteers for
making this
event a huge
success!**



Special thanks to our new Clinical Director, Dr. Lebsock and his team at Yellowstone Eye Care in Billings!

State Summer Games Performance Stations

SOMT Health Messengers did a fantastic job leading the Physical Activity, Hydration, and Game Day Minds Performance Stations!



***Thank you Health Messengers!
Carson Patten, Central Montana Eagles
Rob Allard, Billings Thunder
Chris Allard, Billings Thunder
Nickadoums Heinzman, Billings Adults***

Congrats to Frank Zepeda for completing his Health Messenger Activation!



2025

SUMMER

MEEDFESTS



USE THIS QR CODE FOR ATHLETE REGISTRATION FORMS!

MedFest provides a free physical exam that all athletes need prior to participating in Special Olympics Montana sports programming.

Special Olympics 2025 Great Falls MedFest

WHEN: Tuesday, August 26th from 1-5pm

WHERE: Scottish Rite Childhood Language Disorders Clinic
1304 13th St S, Great Falls, MT 59405

WHO: All Special Olympics Montana Athletes

CLINICAL DIRECTOR:
RISHONA CORSON, MD

CONTACT
SOMT Health & Fitness Director, Mallory Frank at
mfrank@somt.org or
406-315-4230 to set up appointment
A completed SOMT Medical History Form is required before the exam.

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MedFest®



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Health
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MedFest provides a free physical exam that all athletes need prior to participating in Special Olympics Montana sports programming.

Special Olympics 2025 Kalispell MedFest

WHEN: Friday, August 22nd from 1-5pm

WHERE: Logan Health Medical Fitness Center
205 Sunnyview Ln, Kalispell, MT 59901

WHO: All Special Olympics Montana Athletes

CLINICAL DIRECTORS:
RISHONA CORSON, MD
GEOF ROHRLACH, FNP

CONTACT
SOMT Health & Fitness Director, Mallory Frank at
mfrank@somt.org or
406-315-4230 to set up appointment
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MedFest®



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2025



INDIVIDUALS & TEAMS COMPETING THIS YEAR

STAR TEAM

NICK & DENISE HEINZMAN

JON HARGETT & RAE SMITH

BETSY AND JARED

COLTON & CURT PENROD

GARY FULLER

SANDY WILLIAMS

KOURTNEY HUNKING

CARSON PATTEN

GRACE GRUTSCH

CLARK POSSE

A.W.A.R.E, BUTTE

A.W.A.R.E, ANACONDA

*Keep up the great work
everyone!*

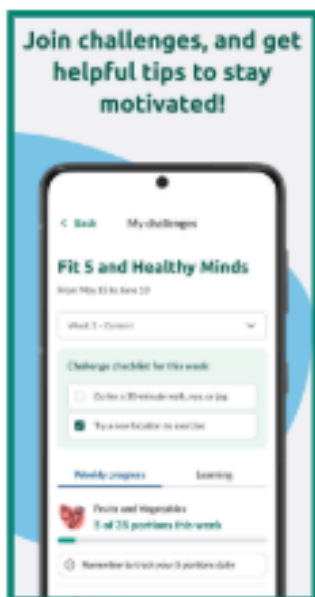


NEW Challenge coming this August!



Special Olympics

Fitness App



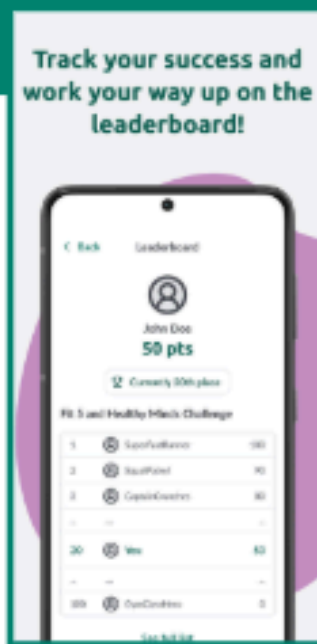
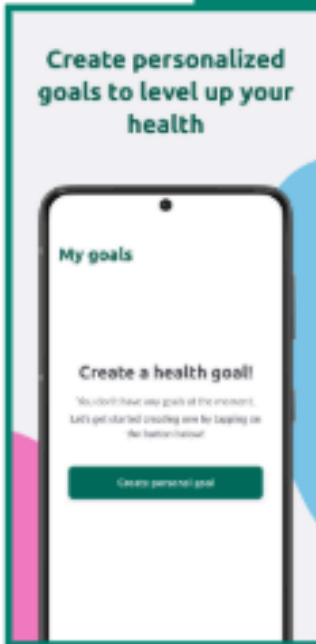
We need your help to try our NEW Fitness App!

- Compete with peers in a range of fitness challenges
- Track food, sleep, and personal goals all in one place
- See motivating tips about ways to stay healthy
- Connect your Apple Watch, Samsung Watch, or Fitbit

App Launches August 1st

A Healthier You
6 week challenge starting late August!
Date TBA

For more information contact:
Mallory Frank
mfrank@somt.org



PARENTING WITH PURPOSE

JULY
9

ALYA AL SAGER AND JUNITA HENRY
Harvard T.H. Chan School of Public Health
6:00PM - 7:00PM EST

Join us for an engaging and heart-centered webinar designed to support parents and caregivers of Special Olympics athletes.

Together, we'll discuss how creating special moments, both big and small, can help children feel safe, valued, and understood. This session will offer insights into understanding your child's unique behaviors, emotions, and developmental needs across all stages from the early years through primary and teen years. This webinar will equip you with tools to strengthen your bond and build a nurturing and supportive environment where your child can thrive.



**REGISTER
HERE**



Special Olympics
Health

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