



and



are working together to start a few **Unified Sports® Fitness Clubs** in our area.

The Special Olympics Connecticut Unified Sports Fitness Club brings together people **with and without** intellectual disabilities, and provides opportunities for regular physical activity to enhance fitness and inspire friendships among participants. (**Your entire family could participate together**) It focuses on participation rather than competition. Each **Club participant receives an individual tracking device**, (MOVband wrist-worn activity monitor) which is used to monitor individual and club progress towards earning individual and club **rewards**. The club offers fitness activities (including walking) as well as **nutrition and wellness resources** for all members.

Please come to one of the **Informational / Organizational Meeting** to find out more and possibly start a club near you.

- **Meriden**

- Date: Monday August 31st (This is a correction... it is NOT the 24th)
- Time: 6:00 – 7:00pm
- Location: Meriden Public Library, 105 Miller St. Meriden, CT Griffin Room

- **Old Saybrook**

- Thursday August 27
- 6:00 – 7:00pm
- Action Public Library, 60 Old Boston post Rd. Old Saybrook, CT 06475

- **Norwich**

- Date: Thursday September 3rd
- Time: 6:00 – 7:00pm
- Location: Norwich Fire Dept. HQ, 10 North Thames St. Norwich (park in back not by bay doors)

- **New Haven**

- I am excited to say that we **do not** have to start from scratch a Unified Sports Fitness Club in the Greater **New Haven Area**. Because there **2** existing groups that are both accepting new members in the area!!!!
 - The first group meets in Milford at 6:00 on Thursday (occasionally meeting on Wednesdays instead) It is a large healthy group with 23 Active members! They have a lot of fun while they are growing stronger (in Friendships and Muscles)
 - The second group meets in Hamden at the CT Special Olympics office then commutes to the Cheshire Trail on Tuesdays at 1:00 to go for a hike! This group is small but mighty and often has 6 to 7 regular walkers. If you can get to the office they will carpool you to the trail!
- If you are interested in joining either of these New Haven Area groups contact the Coordinator for Unified Sports Fitness clubs for CT Special Olympics: **Don Conklin at 203-230-1201 ext. 262 or e-mail him at donc@soct.org**
- If neither of these groups would work for you please let me know. If there is enough interest I would be glad to help start a 3rd group in New Haven

You can also learn a little more by going on www.soct.org/sports-and-fitness-programs/unified-sports-fitness-clubs/

If you are interested in the program and are unable to attend a meeting please contact me and I will help.

If you have any question contact: Pamela Okerblom – DDS Recreation Therapist

Pamela.Okerblom@ct.gov or call 860-859-5482