



PERFORM AT YOUR BEST

Visit the Special Olympics Performance Stations to educate and activate the pillars of fitness: nutrition, hydration and physical activity. We'll be giving away prizes and showing you how to enhance training, performance at competition, and health!

PERFORMANCE STATIONS

Sunday, March 1
10:00 AM - 2:00 PM

 **Varsity Gym**



Special Olympics
Health

MADE POSSIBLE BY **Golisano** FOUNDATION

