



## Upcoming Family Health Forum!

### What is it?

Family Health Forums are designed to engage families and their communities to broaden their knowledge of health and wellness as they relate to those with intellectual disabilities and families in general. The goal is to offer an environment where individuals can gain direct access to health information, resources and support.

### When, Where and How Much Does it Cost?

- Friday, August 5, 2016 5:30—7:30 p.m.  
Humphrey Chapel  
Carroll University  
Waukesha, WI 53186

The forum is **free** and is made possible by a grant from Special Olympics Incorporated.

### Who Can Attend?

The forum is designed for individuals of all ages with intellectual disabilities (ID), as well as their parents, adult siblings, guardians, and all individuals from the community. Limited spaces are available and will be reserved on a first-come, first-served basis.

## How To Register

**To Register:** Complete the attached registration form and e-mail or mail by July 22, 2016 to:

**Special Olympics Wisconsin**  
**Attn: Mark Wolfgram**  
**2310 Crossroads Dr., Suite 1000**  
**Madison, WI 53718**

**Questions:** Please contact Mark at (608) 442-5673 by e-mail at [mwolfgram@specialolympicswisconsin.org](mailto:mwolfgram@specialolympicswisconsin.org)

## Schedule

	Friday, August 5, 2016
5:30-6:00 p.m.	Registration and Dinner (No Cost)
6:00-6:15 p.m.	Welcome
6:10-7:00 p.m.	Session
7:00-7:30 p.m.	Questions and Sharing

## Welcome

The Family Health Forum is made possible by a grant for Special Olympics Incorporated. We would like to give a special welcome to our presenters who will be providing information, resources and support for the evening.

**Jamie L. Krzykowski**— An athletic trainer for the past 17 years. Certifications: Certified Athletic Trainer (ATC), Licensed Athletic Trainer – Wisconsin (LAT), International Society of Sports Nutrition certified (CISSN), Therapeutic Nutrition Counselor

### Session Description:

Wellness education is an overall approach to help individuals find ways to improve their health, well being, energy, fitness levels and more. We will discuss simple meal and snack ideas for at home and on the 'go' as well as fitness strategies that can be completed with little to no equipment and can be adapted to varying needs (such as lying in a bed or sitting in a chair). Wellness takes consistency and small progress everyday can lead to many positive outcomes in the long term.

## Family Health Forum Registration Form

Registration deadline is **July 22, 2016** or when the family health forum is full. Walk-ins are accepted but dinner may not be available. Lack of registrations may cause cancellation of the event.

Mail or e-mail your registration materials to:

**Special Olympics Wisconsin  
Attn: Mark Wolfgram  
2310 Crossroads Dr., Suite 1000  
Madison, WI 53718**

**OR    [mwolfgram@specialolympicswisconsin.org](mailto:mwolfgram@specialolympicswisconsin.org)  
(608) 442-5673**

Everyone attending this family health forum, including children, **must** be listed below and will receive a nametag at check-in. You must have a nametag in order to receive a meal. **Please fill in all of the requested information.** Copy this page if more space is needed. Please use the back of this form to tell us about anyone who has special dietary or physical requirements.

Full Name (First and Last): \_\_\_\_\_

☐ Family Member    ☐ Individual with ID    ☐ Other: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Telephone: \_\_\_\_\_

Please check box if you will be joining us for dinner    ☐    ☐ Home    ☐ Cell    ☐ Work

Full Name (First and Last): \_\_\_\_\_

*(Complete below information if different from above)*

☐ Family Member    ☐ Individual with ID    ☐ Other: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Telephone: \_\_\_\_\_

Please check box if you will be joining us for dinner    ☐    ☐ Home    ☐ Cell    ☐ Work

Full Name (First and Last): \_\_\_\_\_

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