



MEDFEST AT WINTER GAMES

Free physical exams will be provided to Special Olympics New Jersey athletes at the 2020 Winter Games.

Healthy Athletes® MedFest

Please note that pages 1,4, and 5 of the Participation Packet must be completed prior to the event.

Register now at www.sonj.org/events/medfest or scan the QR code with your smartphone.



Saturday, January 4

**10:00 am - 1:00 pm at Stockton University Sports Center
101 Vera King Farris Drive, Galloway, NJ 08205**

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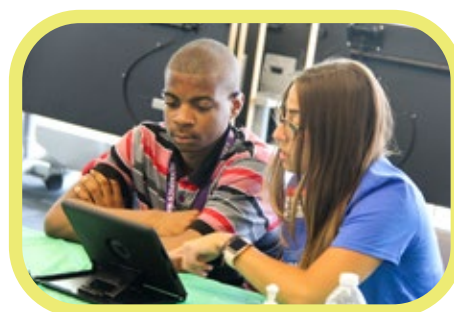
**6:00 pm - 8:00 pm at Seaview Hotel
401 S. New York Road, Galloway, NJ 08205**

Baseline Concussion Testing

Saturday, January 4

10:00 am - 1:00 pm at Stockton University

This assessment for Special Olympics athletes is taken on an iPad, and was created in a game format to provide athletes with a baseline measurement to combat growing concerns with concussions. We highly encourage every athlete to take a baseline concussion assessment once a year.



Performance Stations

Saturday, January 4

11:00 am - 1:00 pm at Stockton University

Athletes will be taught nutrition and hydration tips as well as learn exercises they can do at home with family or friends, to highlight the importance of staying active and healthy outside of practice and competition.

**For more info, please contact Amelia Hamilton at:
arh@sonj.org or call (609) 896-8000 x 247**

**Special
Olympics**
New Jersey

