



For immediate release

Helping People with Special Needs Get Healthy!

Woodbury, MN – May 18, 2018 – Kayte Barton knows personally the challenges facing people with intellectual disabilities to live a healthy lifestyle. That’s why she’s created a FREE wellness program for people with intellectual disabilities in Woodbury, her hometown. .

“I like helping people with special needs,. They have a high rate of diabetes, health disease and obesity, and they struggle with obesity, like me,” said Kayte Barton, a Special Olympics Global Ambassador and Special Olympics Athlete. “This is my way to give back to my community that means so much to me.”

She and SOfit, a Minnesota Special Olympics program, have collaborated with Woodbury Community Foundation’s Woodbury Thrives Wellness Challenge program, HealthEast Ways to Wellness and Woodbury YMCA to help individuals with intellectual disabilities increase their physical activity, improve daily nutrition and change the way they make lifestyle choices. Come join Kayte and others in the community for a fun new summer evening walking club:

FREE SOfit Walking Club
Wed evenings, May 30-Oct 10, 6:00-7:30 pm
Edgewater Park at Colby Lake, 3100 Edgewater Drive

Also, thanks to an Allina Health 2018 Neighborhood Health Connection Grant, ten people with intellectual disabilities and their mentor can sign up for a FREE 9-week Woodbury’s Inclusive Health and Fitness Program, twice a month, on Tuesday evenings from June 12 through Aug 18. This includes fitness and cooking classes at HealthEast Ways to Wellness on the Woodwinds Health Campus at 1825 Woodwinds Drive, and It also includes classes at the Woodbury YMCA, 2175 Radio Drive, focused on wellness, social connectedness and physical activities. For more information or to sign up for these wellness programs **contact Kayte at littlebarty@me.com**.

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WOODBURY COMMUNITY FOUNDATION is a charitable foundation that assures that our city is a premier and caring place to live and work for all. We inspire collaboration by connecting individuals and businesses with causes that matter.

woodburyfoundation.org

WOODBURY THRIVES is a program of the Woodbury Community Foundation focused on creating healthy lifestyles, social connectedness and mental well-being through many FREE programs and events. We want well-being for ALL!

www.woodburythives.org Check out this short video about Woodbury Thrives: <https://youtu.be/YHFont-y19M>

ALLINA HEALTH 2018 Neighborhood Health Connection grants were awarded to 71 organizations in Minnesota and western Wisconsin to support activities that promote social connections and increased in healthy behavior. WWW.allinahelth.org