

# Higher Visions For Education



## Fitness for Fun and Health

Quarter Two 2017

### Week 6 Summary

We were so grateful to have Dr. Barry Martin here this week to discuss health and medical concerns for adults with Down syndrome. Dr. Martin covered a wide variety of relevant topics including preventative care, cancer concerns, mental health, obstructive sleep apnea, diabetes, Alzheimer's disease, and other physical symptoms associated with Down syndrome. If you have any additional questions for Dr. Martin, you can reach out to Sally and she will get you in touch. Next week, we will start Part 1 of our 2 week discussion on nutrition, portion size, and strategies to eat healthy out at restaurants.



\*Please note below that we have moved the time of our potluck on the 27th to 1pm\*

**Save the date for our Spring Potluck Picnic for all HVE families and friends!**

**Saturday May 27, 1:00pm**

**Observatory Park, Denver**