



Dear SONA Programs,

We were extremely excited to learn about the upcoming Health Messenger trainings for 2020! We know some of these planned events have been postponed due to the coronavirus but hope that you still plan to offer Health Messenger Trainings in 2020. Once you have scheduled or re-scheduled those events, please let us know by sending an email to healthmessenger@specialolympics.org know so we can update our master list.

We also want to be here to help! If you need any resources or assistance planning, please send an email to: healthmessenger@specialolympics.org. You can also find Health Messenger resources here: <https://resources.specialolympics.org/health/health-messenger>

Once you have completed a Health Messenger training, we would love to connect with you over the phone to hear how the training went! We have created a brief survey for feedback such as what additional resources might have been helpful. We want to keep learning and improving our resources for Health Messengers and Programs.

Please make sure to fill out the training roster, linked [here](#) but it can be found on the Health Messenger Resources page. We like to keep a database of trained Health Messengers to connect Health Messengers with the right opportunities that may come up nationally or internationally. There is also a survey on the Health Messenger resource page for a Health Messengers to fill out after they have gone through a training, linked [here](#).

During this time of social distancing, we really appreciate the creative thinking that everyone has done to keep their athletes engaged. SO Texas had an amazing idea of hosting their own online Virtual Health Messenger Training. We couldn't have been more excited so we decided to host one as well! We would like to offer this pilot training to all SONA Programs. We will be choosing 10 applicants to participate. The training will happen over 4 weeks with 2 trainings a week at 12:00 pm EST beginning April 14th. Each training will be an hour long and hosted over zoom so the Athlete and their mentor must have access to internet and a webcam. We will also be utilizing the Online Learning Portal (learn.specialolympics.org) for some fun homework assignments.

We hope that this will be the start of many Virtual Health Messenger Trainings!

[Virtual Health Messenger Training Application](#)

Virtual Training Timeline	
April 6, 2020	Applications due
April 10, 2020	Participants are chosen
April 14, 2020	First Session – Introduction
April 16, 2020	Second Session – Health Overview
April 21, 2020	Third Session – Fitness
April 23, 2020	Fourth Session – Nutrition and Hydration
April 28, 2020	Fifth Session – Emotional Health

April 30, 2020	Sixth Session – Communication
May 5, 2020	Seventh Session – How to be an advocate
May 7, 2020	Eighth Session – Practicum and Closing

Please send an email to healthmessenger@specialolympics.org if you have any questions!

Thank you,

The Health Messenger Team