

Tuesday, September 27, 2022

Special Olympics North Carolina kicks off eight-week inclusive fitness program at Chatham Middle School sponsored by Vaya Health Sept. 29

Date/Time: Thursday, Sept. 29, 2022

Welcome: 9:50 a.m.

Zoom Workout: 10 a.m.

Health Stations: 10:30 a.m.

Location: Chatham Middle School

2025 S. Second Ave., Siler City, NC 27344

Special Olympics North Carolina (SONC) launches the fifth session of its eight-week fitness program, [Partner Up Power Up](#), at Chatham Middle School in Siler City, North Carolina, on Thursday, Sept. 29 with support from [Vaya Health](#).

SONC's Partner Up Power Up program is an eight-week Unified Sports® training and fitness plan that can be completed from home, without access to internet. Unified Sports programs bring individuals with and without intellectual disabilities together through sports, helping to create communities of acceptance and respect.

The program is an opportunity for the public to support Special Olympics athletes as volunteer training partners or as sponsors, like Vaya Health. Vaya is the public manager of care for individuals with intellectual/developmental disabilities, as well as mental health, substance use disorder, and traumatic brain injury needs in 31 counties across North Carolina. Many [Special Olympics Unified Champion Schools®](#) in the state are registered for the program, with designated virtual sessions scheduled during the school day.

Special education and general education students from Chatham Middle School will participate in a virtual workout and will rotate through various health-focused stations at the conclusion of the workout. Vaya Health representatives will be onsite participating in the workout and volunteering to facilitate activities at health stations.

For media inquiries, contact SONC Director of Communications Madeline Safrit at msafrit@sonc.net or (919)-719-7662 ext. 110.

About Special Olympics North Carolina

Since 1968, the organization has used the transformative power of sports to improve the lives of children and adults with intellectual disabilities. Nearly 40,000 athletes in North Carolina inspire thousands of coaches, sports officials, local program committee members and event organizers involved in Special Olympics statewide. SONC offers year-round training and competition in 20 Olympic-type sports on local and state levels as well as health and wellness initiatives to improve the health status and increase access to community health resources for individuals with intellectual disabilities. Youth become agents of change through Unified Champion Schools, an education and sports-based program

created by Special Olympics to build an inclusive environment among youth with and without intellectual disabilities as well as empower them to become youth leaders and create change in their community. Visit Special Olympics North Carolina at www.specialolympicsnc.com. Engage with us on [Twitter](#), [Instagram](#), [Facebook](#) and [YouTube](#).

About Vaya Health

Vaya Health is a specialty managed care organization that oversees publicly funded behavioral health and intellectual/developmental disability services across a 31-county region of North Carolina. Vaya manages Medicaid, federal, state, and local funding to meet member and community needs while advancing whole person health. Together with our members, provider network, and local partners, we're moving forward to a healthier North Carolina. Access to care and crisis assistance are available 24/7 at 1-800-849-6127. Learn more at vayahealth.com.