



March 13, 2018

To Whom It May Concern,

Special Olympics Southern California's San Diego County Regional Office is excited to partner with the County of San Diego's Live Well San Diego Program. Established in 1969, Special Olympics Southern California was the first established Special Olympics Chapter, building on Eunice Kennedy Shriver's dream of a world that is inclusive of all people, no matter their abilities. It is our mission to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities; giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills, and friendship with their families, other Special Olympics athletes and the community.

Special Olympics San Diego County and the Live Well San Diego Program have many of the same goals, to improve the health and wellbeing of everyone – leaving no group behind. Special Olympics provides the opportunity for individuals with intellectual disabilities to exercise at least weekly, for several hours, through our sports training and competition programs. In addition, these programs naturally build personal relationships between the athletes, reducing feelings of isolation and exclusion, and between the parents, providing them with a community of support. We have also recently implemented two programs that specifically address nutrition and health. The Team Wellness program teaches athletes and their loved ones about healthy choices, focusing on meal preparation and routine exercise. The Healthy Athletes program brings specially trained medical teams to the athletes on competition days, to check their eyes, mouths, ears, feet, and overall health.

Our programs are only possible because of the many community relationships we have established. Most significantly, our Law Enforcement partners who raise awareness and funds for our local athletes through the Law Enforcement Torch Run. Officers not only carry in our "Flame of Hope" during every opening ceremonies, they also award athletes with their hard-earned medals. This presents a wonderful opportunity for our law enforcement partners to continue their important work of community policing, and building a positive image of law enforcement for Special Olympics participants and supporters.

Special Olympics San Diego is thrilled about the opportunities that will come with a Live Well partnership, and is proud our County is so dedicated and passionate about improving the lives of all its residents.

Sincerely,

A handwritten signature in blue ink, appearing to read "Brian Richter", written over a light blue horizontal line.

Brian Richter
Regional Director, Special Olympics San Diego