



The Healthy Athletes® program offers health services, screenings, and information to athletes, families, and coaches in need.

Participants are encourage to attend this FREE event located in the Redbird Arena on the lower level concourse.



Special Smiles

Friday Noon - 4P

The Special Smiles discipline of Healthy Athletes provides comprehensive oral health care information, including free dental screenings, and instructions on correct brushing and flossing techniques.



Opening Eyes

Friday Noon - 4P & Saturday 9a-4P

The Opening Eyes program is a vision and eye health screening in partnership with the Lions Club International Foundation. Led by volunteer vision care professionals, Opening Eyes offer prescription eyewear, sunglasses, and sport goggles to athletes.



Healthy Hearing

Friday Noon - 4P & Saturday 9a-4P

The Healthy Hearing program provides free ear and hearing screenings designed to ensure proper audiology care for athletes.



FunFitness

Saturday 9A-4P

The Fun Fitness discipline of Healthy Athletes provides free screenings to measure athletes' flexibility, strength, balance, and aerobic fitness.



Our Healthy Habits Hydration station will be located at 2 different areas: Redbird Ramp and Soccer on *Friday 12p-4p and Saturday 9a-2p*. Stop by to refill your water, grab an electrolyte mix-in and learn some tips on how to best stay hydrated for competition and summer weather!