



## Forum Topic:

### Maximizing Nutrition Across the Special Olympics Athlete Lifecycle and Targeting Healthy Nutrition on a Budget

Special Olympics Canada is hosting its first virtual Family Health Forum, sponsored by Empire Company Limited (Sobeys Inc), to support athletes, families, caregivers and volunteers. This presentation will focus on optimizing nutrition throughout the Special Olympics athlete's life stages while emphasizing healthy eating strategies within budget constraints. We will provide practical tips and approaches to ensure athletes receive proper nutrition to support their training, performance, and overall well-being without breaking the bank.



#### Session #1 (Hosted Virtually):

Tuesday, May 28th at 6:00pm EST  
(7:00pm AST, 5:00pm CT, 4:00pm MT, 3:00pm PT)

#### Session #2 (Hosted Virtually):

Thursday, May 30th at 9:00pm EST  
(10:00pm AST, 8:00pm CT, 7:00pm MT, 6:00pm PT)

#### Scan to Register:

[https://specialolympics.jotform.com/  
241124107289048](https://specialolympics.jotform.com/241124107289048)



## Speaker: Larissa Valentine, RD

Larissa holds a Bachelor's Degree with an Honours Specialization in Nutrition and Dietetics, Diploma in Dietetic Education and Practical Training from Brescia University College and is a Registered Dietitian (since 2016). She continues to volunteer with Special Olympics Ontario as a Clinical Director, facilitating nutrition sessions at Healthy Athletes events, and hosts nutrition workshops for various SOO teams. Larissa has worked with clients with intellectual and developmental disabilities from a variety of age groups – ranging from adolescents and young adults, independent or supported, to elderly in long term care. She currently works in acute care and rehab at Southlake Regional Health Centre and is committed to providing evidence-based nutrition care and support to clients as well as delivering education in a fun way to promote nutrition and enhance quality of life.