

DOWN FOR ADVENTURE

STEP UP FOR DOWN SYNDROME

presented by King Milling Company



2022

ON
**SATURDAY,
SEPTEMBER 10, 2022**

AT
**SOMI UNIFIED SPORTS &
INCLUSION CENTER
160 68TH ST SW
GRAND RAPIDS, MI 49548**

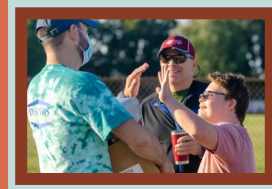
FROM
9AM-3PM

9am-10am: Check-in
10am: Announcements & Walk
10:30am-2:30pm: Scavenger Hunt &
Community Partner Resource Fair

ARE YOU DOWN FOR ADVENTURE?

Join the Down Syndrome Association of West Michigan and families from across West Michigan as we celebrate Down syndrome at our annual Step Up for Down Syndrome event! This year's theme is "Down for Adventure" and will feature a scavenger hunt exploring the Special Olympics Michigan Unified Sports & Inclusion Center, our new home and the first -of-its-kind disability-focused facility in the world! In addition to being Michigan's largest Down syndrome awareness event, Step Up also funds 40% of DSAWM's annual budget. Event sponsorships, team fundraising, and generous public donations ensure DSAWM programs remain free of charge to our families and allows us to expand our services into more West Michigan communities. We hope you will join us for a day of celebration, exploration, and fun!

SCAVENGER HUNT 🍌 🍌 **RAFFLES** 🍌 🍌 **FOOD TRUCKS** 🍌 🍌 **RESOURCE FAIR**



REGISTER OR FIND OUT MORE AT [DSAWM.ORG/STEPUP](https://dsawm.org/stepup)



WE STEP UP TO...



Every year hundreds of walks take place around the world in support and celebration of people with Down syndrome! Members of the Down Syndrome Association of West Michigan Step Up to...

...CELEBRATE DOWN SYNDROME!

Step Up For Down Syndrome is the largest Down syndrome celebration and awareness event in Michigan. The event kicks off DSAWM's advocacy campaign for Down Syndrome Awareness Month in October and is an opportunity for families, friends, and the public to come together and show support for our loved ones rocking an extra chromosome!

...EMPOWER PEOPLE WITH DOWN SYNDROME!

The outpouring of support from families, friends, and the community each year at Step Up affirms and validates our loved ones with Down syndrome.

When you participate at Step Up and invite others to join your team, you introduce your family, friends, co-workers, and others to the impact created when together we empower individuals with Down syndrome with the support and tools they need to lead meaningful lives as valued members of our West Michigan communities.

...SUPPORT DSAWM PROGRAMS & SERVICES!

The proceeds from Step Up fund nearly half of DSAWM's annual budget, allowing us to continue providing programs to support individuals with Down syndrome and their families. To name a few:

New Parent Support

Receiving a Down syndrome diagnosis can be overwhelming. DSAWM provides educational, emotional, and financial support, allowing families to thrive under new circumstances.

Life Skills

Book Club, Cooking Capers, Work Skills classes, and other social and occupational therapies provide valuable life skills for children and adults with Down syndrome, promoting independence and confidence.

Health & Wellness

People with Down syndrome have a higher likelihood of health complications such as heart disease and obesity. Programs like Buddy Up Tennis, Shape Up, and Rapid Runners support a healthy, active lifestyle that helps manage these issues.

...ENGAGE WITH OUR COMMUNITY!

Community can be defined by many things: geography, heritage, profession, interests—just to name a few! From

classmates to co-workers to neighbors and beyond, people with Down syndrome are part of many communities. Inviting your community to join you at Step Up creates an opportunity for more people to gain a better understanding about Down syndrome and the services provided by DSAWM. Through engagement, our communities are better equipped to appreciate and empower individuals with Down syndrome.

FREQUENTLY ASKED QUESTIONS

How do I register?

Visit [DSAWM.ORG/STEPUP](https://www.dsaawm.org/stepup) to register as a general participant or part of a team.

Why do I have to pay a registration fee?

Registration fees offset expenses, allowing the money raised through donations to directly fund DSAWM. This year's fee is only \$5 with the option to purchase an event shirt or hat for an additional charge.

Do I have to create a team?

No, but we hope you will! While you may register solo, teams are an opportunity for our community members to show support for loved ones with Down syndrome. PLUS, there are several exciting prizes available for the largest team this year!

Do I have to collect donations?

No, but it helps! Every dollar raised funds DSAWM's many programs and services, allowing us to support more and more people with Down syndrome. PLUS, our top three fundraising teams will win an awesome prize and the top team will take home a trophy!

How do I become a sponsor?

Opportunities are available to businesses, organizations, and individuals to fit any budget. View our sponsorship brochure at [DSAWM.ORG/STEPUP](https://www.dsaawm.org/stepup) or contact us at 616-956-3488 to discuss opportunities.

How does my organization participate in the resource fair?

New this year, the resource fair is an opportunity for nonprofits and businesses run by people with Down syndrome to connect with our community! Visit [DSAWM.ORG/STEPUP](https://www.dsaawm.org/stepup) or contact us at 616-956-3488 to learn more.

How can I volunteer?

Volunteers make this event possible! Visit [DSAWM.ORG/STEPUP](https://www.dsaawm.org/stepup) to sign up.