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# Physical Activity for Weight Control in Individuals with Down Syndrome

Presented by:

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1 PM ET / 12 PM CT / 10 AM PT

Individuals with Down syndrome are at higher risk for overweight or obesity compared to the general population. In this webinar, Dr. Oreskovic and Dr. Agiovlasitis will present scientific findings on the relationships between physical activity, physical fitness, obesity, and health in individuals with Down syndrome. The component and process of developing programs for weight control will be discussed. This session is intended to empower families with critical knowledge on how individuals with Down syndrome can adopt healthy lifestyles.

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