



**GLOBAL**  
DOWN SYNDROME FOUNDATION®



## GLOBAL Announces DC Event Honoree!

On Wednesday, June 7, GLOBAL will present its highest honor, the Quincy Jones Exceptional Advocacy Award, to Congressman Pete Stauber from Minnesota at the 2023 AcceptAbility Gala in DC. The Congressman is an important supporter of GLOBAL's Congressional advocacy that has led to increases in the NIH Down syndrome research budget. Each year, GLOBAL bestows this honor to two leaders from either side of the aisle. [Learn more.](#)



## GLOBAL Receives a \$20,000 Grant from Kroenke Sports Charity!

On its 27<sup>th</sup> anniversary, Kroenke Sports Charity provided 27 Colorado non-profits with generous grants. GLOBAL and the other charities were announced at a recent Colorado Avalanche game! There to receive the award was GLOBAL President and CEO, Michelle Sie Whitten, and GLOBAL Ambassador Sam Levin. The grant will support GLOBAL Health & Wellness Programs including a fitness and a cooking & nutrition class.

## BECOME A GLOBAL MEMBER

### Celebrate World Down Syndrome Day with GLOBAL!

To celebrate World Down Syndrome Day this year, GLOBAL is hosting its first in-person "I Love You Dance Party" since 2020! Join us at the GLOBAL headquarters in Cherry Creek North on Friday, March 24<sup>th</sup> at 6 PM MT for fun, food, drinks, and DANCING! For our friends out of state, we will be trying our first HYBRID event so come one come all! [More info coming soon.](#)



**Foundational Exercises:** multi-joint movements that target abdominal activation, gluteal activation, neuromuscular sequencing



**Hip Strengthening Exercises:** specific exercises that target gluteal and lateral hip musculature to improve hip strength and stability



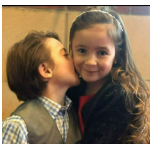
### Physical Fitness for People with Down Syndrome

People with Down syndrome have a unique physiology that impacts their musculoskeletal and cardiovascular systems. Low resting muscle tone, flat feet, joint instability, and low cardiovascular endurance can lead to more serious health concerns. Dr. Mann explains how physical therapy can build on motor skills and strengthening can make a huge difference. Check out the *Down Syndrome World* article and key exercises! [Learn more!](#)



### GLOBAL's January Webinar Recap

Last week, renowned doctors, Perlman and Ackerman, joined GLOBAL to discuss the importance, challenges, and best practices of dental care for people with Down syndrome. Check out our roster of medical and research webinars [here!](#)



### Share the Love with GLOBAL this Valentine's Day!

Send us your Valentine's photos for a chance to be featured in GLOBAL's *Down Syndrome World*™ magazine and social media! Submit your photos to DS ROCKS for a chance to be featured. [Submit here.](#)

## Please Donate!

Your donation will fund life-changing research and medical care for people with Down syndrome. Together we will elongate lives and improve health outcomes!

[DONATE NOW](#)

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Support GLOBAL while you shop!



The [Global Down Syndrome Foundation](#) (GLOBAL) is the largest non-profit in the U.S. working to save lives and dramatically improve health outcomes for people with Down syndrome. GLOBAL has donated more than \$32 million to establish the first Down syndrome research institute supporting over 400 scientists and over 2,200+ patients with Down syndrome from 33 states and 10 countries. Working closely with Congress and the National Institutes of Health, GLOBAL is the lead advocacy organization in the U.S. for Down syndrome research and medical care. GLOBAL has a membership of over 100 Down syndrome organizations worldwide and is part of a network of Affiliates – the Crnic Institute for Down Syndrome, the Sie Center for Down Syndrome, and the University of Colorado Alzheimer's and Cognition Center – all on the Anschutz Medical Campus. GLOBAL's widely circulated medical publications include [GLOBAL Medical Care Guidelines for Adults with Down Syndrome](#), [Prenatal & Newborn Down Syndrome Information](#), and the award-winning [Down Syndrome World](#)™ magazine. GLOBAL also organizes the [Be Beautiful Be Yourself Fashion Show](#), the largest Down syndrome fundraiser in the world.

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