



The NDSS *321go!* is being piloted at DSANV!

The National Down Syndrome Society (NDSS) *321go!* program is a brand new 8-week program designed for adults with Down syndrome and a partner to learn about and practice physical activity, balanced nutrition, and emotional wellness.

As part of the program, you'll learn fun new exercises, try healthy snacks you can make at home, and learn to relax with journaling activities. You'll also make friends with others who want to live a healthy life.

This is a research study to learn more about *321go!*

DSANV has been selected to pilot *321go!* in partnership with NDSS and George Washington University. By participating, you will provide feedback through interviews and surveys about how you liked the program. You'll also share how it helped your health.

Who should participate?

Adults with Down syndrome ages 18 to 45 and a partner (family member, caregiver, or friend) aged 18 to 65 can join.

When is *321go!*?

These are the session dates:

SUNDAY, JULY 23, 2023

SATURDAY, JULY 29, 2023

SUNDAY, AUGUST 6, 2023

SATURDAY, AUGUST 12, 2023

SATURDAY, AUGUST 19, 2023

SATURDAY, AUGUST 26, 2023

SATURDAY, SEPTEMBER 2, 2023

SATURDAY, SEPTEMBER 9, 2023

Choose your session time: **9:00am to 10:30am** or **11:00am to 12:30pm**

Where is 321go!?

Sessions will take place at the DSANV facility:

10467 White Granite Drive, Suite 320
Oakton, VA 22124

How much does 321go! cost?

Because this is a research study, this program is **FREE**.

As a participant, you will also receive the 321go! guide, 321go! exercise cards, at-home fitness equipment, a water bottle, and a Fitbit.

Where can I learn more about 321go!?

Join our live webinar on **June 14 at 7:00 - 7:30pm** to learn more about the program, the study, and how to get involved.

<https://us06web.zoom.us/j/83765415460?pwd=N21QRWNCd25wNVpzU096L2pVL2RqZz09>

Don't worry if you can't make it--we will record the session and post it on our website.

You can also call or email the study coordinator, Monica Forquer at **614-214-5255** or mforquer@gwu.edu.

I'm excited! How do I sign up?

In the next few days, we'll post a link for you to express interest. For now, email [Monica Forquer](mailto:mforquer@gwu.edu) at mforquer@gwu.edu and she will send you more details.

