

BROOKE FLETCHER

Health Messenger Highlight



Introducing Special Olympics Ontario's newest Health Messenger, Brooke Fletcher.

A Health Messenger is a Special Olympics athlete who has been trained to serve as a health and wellness leader, educator, advocate and role model within their Special Olympics communities and the community at large.

Get to know Brooke below:



Where are you from?

Hamilton, ON

What sports do you compete in, and how long have you been in Special Olympics?

I currently compete in swimming with Special Olympics Ontario and in the past also did Rhythmic Gymnastics. I have been doing Special Olympics for over 10 years. I also run the Law Enforcement Torch Run and help with other Torch Run events. Outside of Special Olympics I also have brown belt in karate.

What are your goals as a Health Messenger?

It is my hope to help people see the great resources we have in our communities and to see that being healthy includes both mental and physical wellbeing.

What is your Instagram username?

@Healthy_living_with_brooke

Brooke's health and wellness Instagram account includes tips on how to stay healthy, follow her today!