

HELIOS NEWSLETTER



hello ♡

Marching into Wellness

With warmer weather on the way, it's the perfect time to get outside and enjoy some fresh air! Whether it's a walk in the park or just soaking up the sunshine, spending time outdoors can do wonders for your mood and mental health.

Welcome
Spring



As we step into the new season, it's the perfect time to reflect on growth and understanding.

This month, we're focusing on Down Syndrome Awareness—celebrating the incredible individuals with Down syndrome and the unique contributions they bring to our communities.

Whether you're personally connected or looking to learn more, support and understanding help create a more inclusive world.

Article by Lisa Van-Le, PA-C

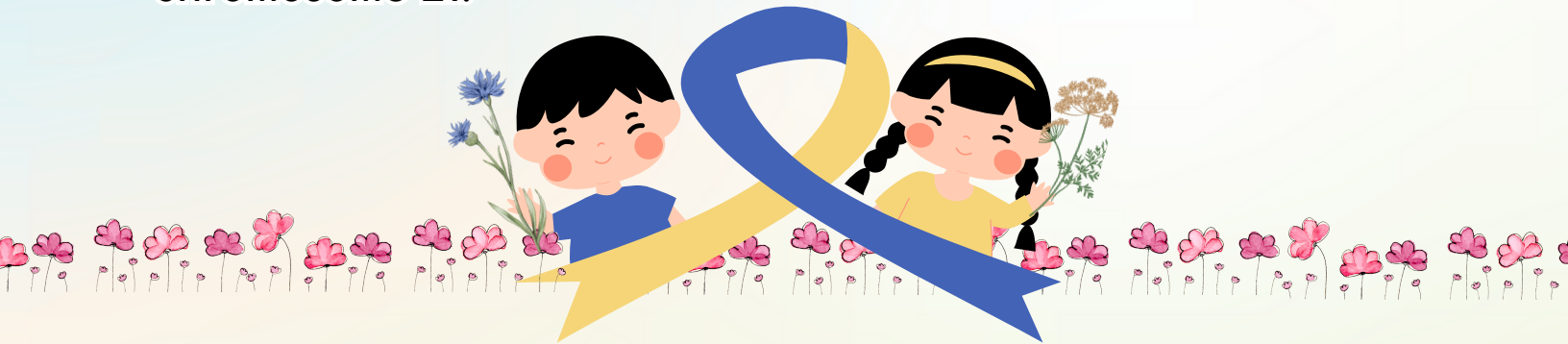
Down syndrome is the most common form of intellectual disability in the world.



It is a result of a genetic abnormality resulting in three copies of chromosome 21.



The condition occurs in approximately 1 out of 800 births.



Individuals with down syndrome have a wide range of abilities. With the appropriate support and care, are able to live fulfilling and independent lives.

World Down Syndrome Day is observed annually on March 21st. The day aims to raise awareness about down syndrome, promote understanding and celebrate the abilities and contributions of individuals with Down Syndrome.

Contact Us!

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