



2021 Wellness Day

Sponsored by
ASCA PTO

While we faced many challenges this year with so many things, we are fortunate to be able to do a Wellness Day for our students. This year's Wellness Day does not look the same as previous years, but with help from volunteers and vendors we were able to make a modified version.

We would like to thank all those who donated items, their time and talents to make this day possible. Without them, this day would not happen for our children.

Afrim's Sports

<http://www.afrimsports.com>

Colonie Information: 636 Albany Shaker Rd, Albany, NY 12205 / (518) 438-3131

Afrim's Sports provide premier year round indoor sports centers in the region. Located in Colonie, Latham and Bethlehem. They do children's classes and leagues for both children and adults. They also are a great place to book your child's next party!



Albany Fire Department

<https://www.albanyny.gov/274/Fire-Emergency-Services>

The mission of the Albany Fire Department is to provide protection of life, property, and the environment from the effects of fire, medical emergencies, and hazards in the safest, most efficient manner possible.



Honest Weight Food Co-op

<https://www.honestweight.coop/>

100 Watervliet Ave, Albany, NY 12206
(518) 482-2667

Honest Weight is a member owned and operated consumer cooperative that is committed to providing the community with affordable, high quality natural foods and products for healthy living.

Their mission is to promote more equitable, participatory and ecologically sustainable ways of living.



Jodie Fitz

<https://www.jodiefitz.com/>

Jodie Fitz is the creator and personality of the Price Chopper Market 32 Kids Cooking Club.

Visit her site to find videos and recipes that you can do at home with your children.



Kids
COOKING
with JODIE FITZ Club

Music Speaks

<https://www.musicspeaksmt.com/>

518-227-4494



Music Speaks is a private music therapy practice based in the Capital Region, providing services to children and adults for nearly 15 years. Music Speaks thrives on creating a positive therapeutic relationship with its clients while meeting them "in the moment" to allow their wants and needs to be met and to ensure a non-invasive, creative environment.

SEFCU

<https://www.sefcu.com/>

800-727-3328

SEFCU is a local Credit Union that is dedicated to giving back to the community. They not only provide traditional products such as Checking and Savings Accounts, but also offer education to the community so their customers can grow personally and financially.

