



## 2019 Wellness Day

Sponsored by  
ASCA PTO

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



<http://www.afrimsports.com>

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

Afrim's Sports provide the 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 County.com](http://www.albanycounty.com)

<http://www.albanycounty.com/recreation.aspx>

390 New Salem Road, Voorheesville, NY 12186 / (518) 655-7948

The Albany County Department of Recreation's mission is to provide structured recreational programming for the citizens of Albany County. The ability to offer positive diversions for youth who have historically not had the resources or opportunities, because of their location or personal background, is vital for Albany County. By providing a comprehensive approach which combines experienced coaches, staff, mentors, and effective programs, the youth and families of Albany County will benefit, thereby ensuring healthy, productive lives.



855-MY-ATIPT (855-692-8478)

Danielle Stabinski works for ATI as an Injury Prevention specialist that is contracted to work with employees at National Grid. ATI have contracts with over 75 other companies in a variety of different settings that provide injury prevention to employees through job coaching, preventative stretching, education, and presentations.



<https://bountifulbread.com>

Stuyvesant Plaza, 1475 Western Avenue Albany, NY 12203

(518) 438-3540

Bountiful Bread is a scratch kitchen and bakery featuring a range of homemade items from specialty sandwiches, soups, salads and baked favorites.



<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.

## Jordan Taylor Hill

<https://www.jordantaylorhill.com>

[contact@jordantaylorhill.com](mailto:contact@jordantaylorhill.com)

West African Drum Performance and Instructor.

## Kristen Lang – Twisted Sisters Yoga

Twisted Sisters Yoga offers yoga and mindfulness classes to children ages 4 and up. We learn yoga basics while having a ton of fun!

Facebook: Twisted Sisters Yoga Albany



<http://yangsmac.com/>

849 New Loudon Rd, Latham, NY 12110 / (518) 783-7000

As soon as you become a martial arts student, you join a community that works together toward improved physical strength and stamina, better focus and concentration, greater self-discipline, competency in self-defense and, most importantly, increased self-confidence.



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

800-727-3328

The Institute for Financial Well-Being's mission is to guide and encourage individuals to focus on achieving economic stability — using innovative tools, making informed decisions, and encouraging positive habits



ST PETER'S HEALTH PARTNERS

<http://www.sphp.com/sph>

St. Peter's Health Partners has an experienced team of doctors, surgeons, nurses, and staff that is dedicated to providing the highest quality, most compassionate care to each and every one of their patients.



<https://www.thelittlegym.com>

471 Albany Shaker Rd, Loudonville, NY 12211 / (518) 729-3230

At The Little Gym, we believe kids should be able to act like kids. We also believe fun environments are especially conducive to the kind of learning that prepares them for life's adventures. Through unique programs that revolve around active play, we complement and enhance the traditional school experience - even before kids are school age! We give children a safe and inspiring space to direct their energy, build confidence, and develop key skills. Explore our classes to find the one that's just right for your child!

