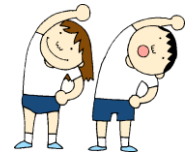




# Amherst Central Schools



## Family Wellness Fair – Grades K-12

The Health and Physical Education Department of the Amherst Central School District is hosting a Family Wellness Fair that will include an opportunity to participate in fitness activities with your entire family. The event will be held on Thursday, March 21, 2024. Please add this in your calendar! There will be a schedule of fitness presentations for you to choose from, free healthy food samples and there will be local community organizations in the cafeteria to provide health & wellness information along with summer camp programming. There is **no cost** to participate so please join us for a night of family fun! If you have any questions regarding this event, please contact Mr. Mobus via email at ([mmobus@amherstschools.org](mailto:mmobus@amherstschools.org)).

**Thursday, March 21, 2024**

**Time: 5:00 – 7:00 P. M.**

**Smallwood Drive School**

**300 Smallwood Drive  
Amherst, NY 14226**

### Gymnasium Fitness Presentations:

**5:15 – 5:35 – Yoga with Mrs. Evarts**

**5:50 – 6:10 – Kickstart Your Heart with  
Mrs. Withee**

**6:25 – 6:45 – Wrestling Demonstrations  
with Coach Dennis Bauer**



**Feel free to bring a yoga mat for the presentation with Mrs. Evarts and be ready to exercise and work hard with Mrs. Withee!**

### Committed Businesses & Organizations:

- ACSD Family Support Center
- Amherst Community Education
- Amherst Girls Softball League
- Amherst Tigers Booster Club/Athletics
- Amherst TigerSharks Swim Club
- Boulevard Music Lessons
- Buffalo General Medical Center
- Buffalo Speed Skating Club
- Buffalo Swimkins Artistic Swimming
- Burn Boot Camp Williamsville
- Chiropractic Lifestyle
- Erie County Medical Center Occupational & Environmental Medicine
- F45 Williamsville
- Get Healthy USA
- Girl Scouts of WNY
- Pediatric & Adolescent Urgent Care of WNY
- Proteus Health & Wellness Solutions
- Skate Great Inc.
- Snyder Track and Field
- Stretchlab Northtowns
- Tailored Fitness
- The Warrior Factory Buffalo
- Town of Amherst Youth & Recreation Department
- YMCA Buffalo Niagara
- YMCA Camp Kenan & Weona

