



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. There will be a schedule of fitness presentations for you to choose from, we will also have 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!

Thursday, April 27, 2023

Time: 5:00 – 7:00 P. M.

Smallwood Drive School

**300 Smallwood Drive
Amherst, NY 14226**

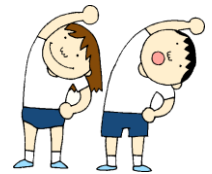
Gymnasium Fitness Presentations:

5:15 – 5:40 – Buffalo Power Yoga

5:50 – 6:15 – Master Gorino’s Tae Kwon-Do

6:25 – 6:50 – Tailored Fitness

Feel free to bring a yoga mat for the Buffalo Power Yoga presentation. You can participate in all presentations!



Businesses Committed To Participate:

- ACSD Family Support Center
- American Heart Association
- Amherst Community Education
- Amherst Tigers Booster Club/Athletics
- Amherst TigerSharks Swim Club
- Bialek Chiropractic
- Buffalo Speed Skating Club
- Daemen University
- Elite Spine & Extremity Physical Therapy
- Empower Camp
- Erie County Medical Center Occupational & Environmental Medicine
- F45 Amherst
- Friendship Fortress
- Girl Scouts of WNY
- Kaleida Health/Oishei Healthy Kids
- Master Gorino’s TaeKwon-Do
- Noah’s Helping Hands
- Pediatric & Adolescent Urgent Care of WNY
- Power Yoga Buffalo
- Skate Great Inc.
- Snyder Track and Field
- Swimkin Synchronized Swimming
- Tailored Fitness
- The Warrior Factory Buffalo
- Town of Amherst Youth & Recreation Department
- YMCA Buffalo Niagara
- YMCA Camp Kenan

