



# Wellness Fair Resource Guide



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# Nutrition, Weight Loss, & Diabetes



Vendor	Scope
<a href="#"><u>Cook Learn Grow</u></a>	Cooking classes for kids.
<a href="#"><u>Juiceland</u></a>	Healthy kids drinks/snacks available. Locations available with kid centers.
<a href="#"><u>HEB</u></a>	Variety of kids activities/programs through H-E-Buddy.
<a href="#"><u>College of Healthcare Professionals</u></a>	Will provide free glucose testing to families
<a href="#"><u>weight watchers</u></a>	Nutrition and weight loss program
<a href="#"><u>Sustainable Food Center</u></a>	The Happy Kitchen Cooking Class
<a href="#"><u>Roppolo's Pizza</u></a>	Will provide % back to schools and there's no cost to the school; Teach kids about how many calories they need to work off to get a free pizza.

# Physical Activity



Vendor	Scope
<a href="#"><u>Texas Running Company</u></a>	Running/walking education and apparel
<a href="#"><u>YMCA of Austin</u></a>	Health and Fitness Organization - Offering on-campus classes
<a href="#"><u>CHASCO Family YMCA (Round Rock)</u></a>	Health and Fitness Organization
<a href="#"><u>XFIT2YOU</u></a>	Mobile Bootcamp
<a href="#"><u>Camp Gladiator</u></a>	Bootcamp
<a href="#"><u>Kuk Sool Won of Oak Hill</u></a>	Martial Arts
<a href="#"><u>Austin Youth Fitness</u></a>	Running and Biking programs
<a href="#"><u>Austin Sports Center</u></a>	Variety of sports programs for all ages

# Physical Activity



Vendor	Scope
<u>Chaparral Ice</u>	Ice Skating for kids
<u>Dance DiScovery</u>	Dance classes for kids
<u>Dance ASSociates</u>	Dance and gymnastics classes
<u>Dancers' Shape</u>	Dance/barre/pilates/yoga classes
<u>Emler Swim School</u>	Swim classes
<u>Catch Air</u>	Kids parties/events with interactive activities
<u>Boosterthon Fun Runs</u>	Virtual and in person opportunities to make running fun
<u>Fun-Run-A-Thon/Get Moving Crew</u>	Fundraising & Crowdfunding options

# Physical Activity



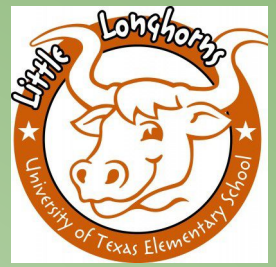
Vendor	Scope
<a href="#"><u>GO! Austin I VAMOS! Austin (GAVA)</u></a>	Variety of programs to improve equitable access to healthy lifestyles
<a href="#"><u>Soccer Shots</u></a>	Soccer for kids
<a href="#"><u>Jump! Gymnastics</u></a>	Gymnastics for kids
<a href="#"><u>Kinderdance</u></a>	Dance, motor skills, music, and fitness program for ages 3-5
<a href="#"><u>Little Land Play Gym</u></a>	Play, therapy, classes, camps, parents night out, and parties available for young children
<a href="#"><u>The Little Yoga House</u></a>	Children and family yoga
<a href="#"><u>Golf in Schools</u></a>	After school golf classes
<a href="#"><u>The Kind Yoga</u></a>	Yoga classes

# Mental Health & Stress Management



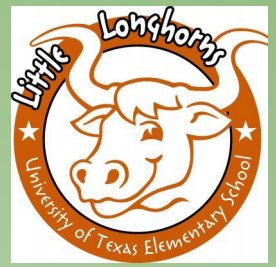
Vendor	Scope
<a href="#"><u>AISD Employee Assistance Program</u></a>	Counseling Services
<a href="#"><u>Girls Empowerment Network/GENAustin</u></a>	GREAT free service/resource for girls
<a href="#"><u>Total Wellness Austin</u></a>	Bootcamp, Yoga, Counseling, Nutrition
<a href="#"><u>Living Tree</u></a>	Crowdfunding option used by AISD
<a href="#"><u>National Alliance on Mental Illness</u></a>	Mental health options for adults and kids.
<a href="#"><u>KidSpa</u></a>	Combines child care with enriching learning experiences for 18 months - 12 years
<a href="#"><u>We Rock the Spectrum</u></a>	Sensory gym
<a href="#"><u>Out Youth</u></a>	physical, mental, emotional, spiritual and social well being of sexual and gender minority youth

# Outdoor & Nature



Vendor	Scope
<a href="#"><u>Keep Austin Beautiful</u></a>	Adopt a street and pledge to keep it clean! Next KAB Day is April 16, 2021.
<a href="#"><u>Families in Nature</u></a>	Connect families to nature and to each other through time spent learning, playing and volunteering outdoors. This website also provides FREE resources and outdoor science projects.
<a href="#"><u>PEAS: Partners for Education, Agriculture &amp; Sustainability</u></a>	Cultivating joyful connections with the natural world through outdoor learning and edible education.
<a href="#"><u>Westcave Preserve</u></a>	76 acre preserve available for tours and educational programs.
<a href="#"><u>Roadrunner Outdoor Adventure Bus</u></a>	Nature-based field trip bus.

# Alternative Medicine



Vendor	Scope
<a href="#"><u>Absolute Life WellneSS Center</u></a>	Chiropractor, Acupuncture, and Massage Therapy
<a href="#"><u>South Austin Community Acupuncture</u></a>	Acupuncture



# Other Austin Services



Vendor	Scope
<a href="#"><u>Central Health</u></a>	Helps Travis County residents live healthier through a variety of services
<a href="#"><u>CoA Austin Nature &amp; Science Center</u></a>	Camps, programs, and exhibits related to Nature and Science.
<a href="#"><u>CoA Austin Public Health</u></a>	Variety of programs related to health of Austin residents.
<a href="#"><u>Exploring Austin with Kids</u></a>	Kid's explorer's guide (\$5 app or \$18 activity book) specifically about Austin.
<a href="#"><u>PBS Ed Services</u></a>	PBS at-home learning programs
<a href="#"><u>Thinkery</u></a>	Children's museum
<a href="#"><u>YMCA</u></a>	Camps and childcare options
<a href="#"><u>Travis County Underage Drinking Prevention</u></a>	Public education programs for teens and "tweens"