

Ballston Spa
CENTRAL SCHOOL DISTRICT
2025 Wellness Expo



March 8, 2025

9:00 AM - 12:00 PM

**Wood Road Cafeteria/
Gymnasium**

**Scotties Locker returns offering
free, gently used sports
equipment!**

Come and learn about healthy living, mental health,
fitness, healthy eating and more!



- ⇒ **Wide variety of vendors including
school and community organizations**
- ⇒ **Bicycle & Helmet Giveaways**
 - ⇒ **Door Prizes**
 - ⇒ **Demonstrations**



Open to Families and Community Members

FREE of charge!

Free Samples, Prizes,

Demos & More!

www.bsccd.org for additional details