Alabama ASDA Wellness Grant:

The grant Alabama ASDA received help to sponsor our successful 2nd annual ASDA Wellness Week. We used the money to help provide lunches and healthy snacks to promote more than just physical wellness, but also wellness emotionally and in our occupation. Throughout the week of events, students were informed of the initiatives of ASDA Wellness. We worked hard to advertise the events through emails, flyers, and word of mouth. The grant helped us to better entice students to take time out of their busy schedules and relax. Each event was well attended and successful. One of the most successful events was our visit from Therapy South. Here, the physical therapist provided helpful tips to help improve our ergonomics, and performed needle therapy for some students seeking muscle relief! The end of the week ended in collaboration with one of our philanthropy committees that puts on a 5K to support a local non-profit dental group. We were able to provide “recovery” snacks for the runners after they crossed the finish line. The grant helped us to continue to promote wellness and the initiatives of ASDA! We are thankful for the continued support.