

Columbia University College of Dental Medicine Wellness Grant Report

Event: Kickboxing Class and Justin’s Snack Pack Post-Snack

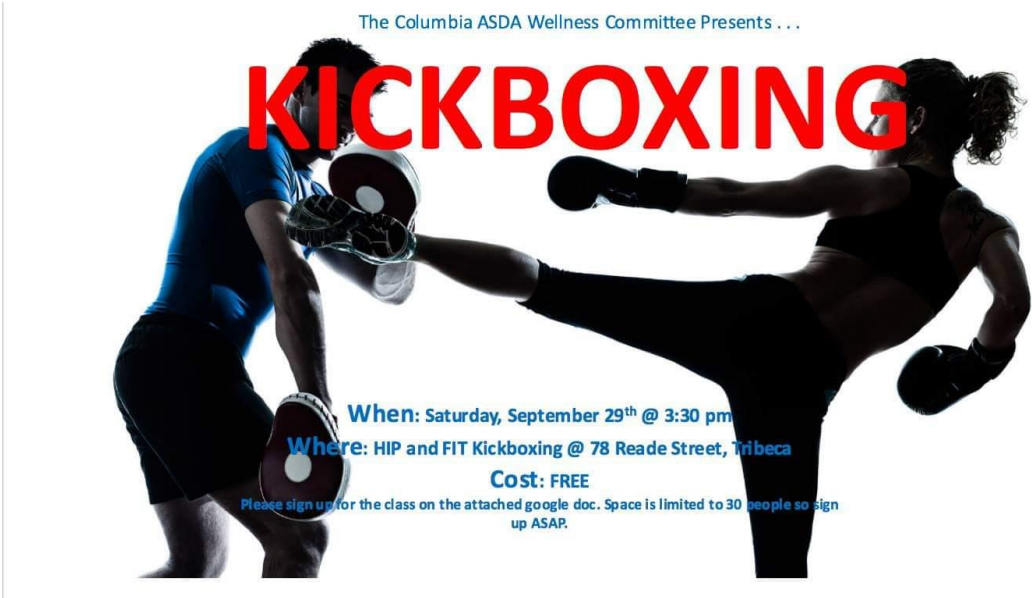
Date: September 29, 2018 @ 3:30 pm

Location: Hip and Fit Kickboxing, 78 Reade Street, Tribeca, New York, NY

Number of Attendees: 22

Marketing: Facebook, Groupme, Posters in the Dental Clinic about the Kickboxing Event and the Snacks Afterward

Periodic posts were also made endorsing Great West Financial!



ASDA Wellness Presents . . .
Feed your Brain with Justin’s Snack Packs



Costs: \$375 for the Kickboxing Class

Justin’s Snack Packs were also distributed following the event as a healthy post-workout snack. \$124.09 was used to purchase 72 snacks. Unused snacks were distributed afterwards at the

dental school for those who were unable to attend the kickboxing event. The snacks purchased are shown in the above flyer distributed with the Kickboxing flier.

Event Specifics: The kickboxing event took place for 1 hour and all students in attendance were awarded an additional kickboxing class for free. Following the class, Justin's Snack Packs were passed out and those remaining were distributed at the dental school.

Thank you for awarding Columbia the Grant! It made a huge difference in our Wellness Event and it could not have been made possible without the Grant.