



REDZ ARTS AND SERVICES

POWERED BY REDZ INC

APPROVED VENDOR:

Nassau BOCES Arts In Education: Redz Inc

NYC Department of Education: SIP107910



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ABOUT US

Welcome! My name is Claudine Cox, CEO and Executive Director. Since 2014, our non-profit organization REDZ INC focused its efforts on improving academic success through the Arts. In 2020 when the world experienced the global pandemic collectively, we started providing daily motivation and free art sessions online. The outpour of positive responses and gratitude was overwhelming. Students were able to submit their projects for art credits in school, many others found peace and a place of belonging.

We decided to deepen our connection to the vision by modifying our business model and name to tailor our services to creativity, wellness, and personal development. As we continue the transitioning of our name to Redz Arts And Services, this shift is allowing us to focus on social emotional learning of program participants to strengthen their sense of identity and belief in the future. We have expanded our services to support Corporate Wellness and Professional Development Days for top-level managers, educators, and support staff. These services can be customized to include Paint and Motivate, Yoga, Zumba, Soca Dance Cardio, Fitness and Massage Therapy.

Our philosophy is simple: let's add as much fun to learning to create the best educational experience. Schedule a free consultation today and let's discuss how we can support your vision and community. See you soon!

STUDENT PROGRAMS

NAME OF PROGRAM: WORDS ARE POWERFUL AND SO AM I

NUMBER OF SESSIONS PER WEEK: 1 / NUMBER OF PARTICIPANTS: UP TO 25

DURATION: 8 WEEKS OF INSTRUCTION

This Art and Cultural Enrichment program promotes the idea of combining dialogue, visual arts, and character values to build confidence, wholeness, and an awareness of the power of words.

NAME OF PROGRAM: THE PERFECT ME IS UP TO ME

NUMBER OF SESSIONS PER WEEK: 1 / NUMBER OF PARTICIPANTS: UP TO 15

DURATION: 6 WEEKS OF INSTRUCTION

This personal development program is designed to empower individuals who identify as she/her to move forward and improve in their general wellness. Participants will receive a copy of “The Perfect Me Is Up T Me” Self-Affirmation Journal as a guide.

NAME OF PROGRAM: DROP IN AND PAINT

NUMBER OF SESSIONS PER WEEK: 1 / NUMBER OF PARTICIPANTS: UP TO 40

DURATION: 2 HOURS

Drop-In And Paint is designed to cultivate a relaxing space for students. This self-guided session will allow students to select from a variety of pre-stenciled canvases. In this art experience, students do not take their finished work home, however they will have the satisfaction to take pictures to share with their friends and families.

NAME OF PROGRAM: PAINT AND MOTIVATE

NUMBER OF SESSIONS PER WEEK: 1 / NUMBER OF PARTICIPANTS: UP TO 40

DURATION: 2 HOURS

Paint and Motivate offers a unique and powerful service of connecting the artist to the painting that will last beyond the workshop. In this art experience, students get to take their finished work home as a memorial of their achievements.

COST



~Program 1 - Words Are Powerful And So Am I

Cost of Program: \$4,850.00

~Program 2 - The Perfect Me Is Up TO Me

Cost of Program: \$2,800.00

~Program 3 - Drop In And Paint

Cost of Program: \$25.00 per person

~Program 4 - Paint and Motivate

Cost of Program: \$50.00 per person

PARENT PROGRAMS

NAME OF PROGRAM: ZUMBA DANCE CARDIO CLASS

NUMBER OF SESSIONS: 1 / NUMBER OF PARTICIPANTS: NO MAX

DURATION: 1 HOUR OF INSTRUCTION

This high energy dance cardio class is designed to increase endorphins that releases happy hormones and decrease stress. With a mix of Latin-inspired, Caribbean, 80's - 90's vibe, your group is in for a treat.

NAME OF PROGRAM: THE PERFECT ME IS UP TO ME

NUMBER OF SESSIONS PER WEEK: 1 / NUMBER OF PARTICIPANTS: UP TO 15

DURATION: 8 WEEKS OF INSTRUCTION

This personal development program is designed to empower individuals who identify as she/her to move forward and improve in their general wellness. Participants will receive a copy of "The Perfect Me Is Up To Me" Self-Affirmation Journal as a guide.

NAME OF PROGRAM: MAKING YOURSELF A PRIORITY

NUMBER OF SESSIONS PER WEEK: 1 / NUMBER OF PARTICIPANTS: UP TO 40

DURATION: 4 WEEKS OF INSTRUCTION

Making Yourself A Priority is designed to help you change your perspective on the definition of self-care. In this four-part series, participants will learn how to set boundaries to build healthy relationship with themselves and others.

NAME OF PROGRAM: PAINT AND MOTIVATE

NUMBER OF SESSIONS PER WEEK: 1 / NUMBER OF PARTICIPANTS: UP TO 40

DURATION: 2 HOURS

Paint and Motivate offers a unique and powerful service of connecting the artist to the painting that will last beyond the workshop. In this art experience, participants get to take their finished work home as a memorial of their achievements.

COST



~Program 1 - Zumba Dance Cardio

Cost of Program: \$1,600.00

~Program 2 - The Perfect Me Is Up TO Me

Cost of Program: \$2,800.00

~Program 3 - Making Yourself A Priority

Cost of Program: \$1,200.00

~Program 4 - Paint and Motivate

Cost of Program: \$50.00 per person

PROFESSIONAL DEVELOPMENT /WELLNESS DAY ACTIVITIES

Each of the programs below can be customized around your agenda or executed simultaneously. Each session runs for one hour with the exception of Massage Therapy.

NAME OF PROGRAM: ZUMBA OR SOCA DANCE CARDIO CLASS

This high energy dance cardio class is designed to increase endorphins that releases happy hormones and decrease stress. With a mix of Latin-inspired, Caribbean, 80's - 90's vibe, your group is in for a treat.

NAME OF PROGRAM: FUNCTIONAL FITNESS

Functional fitness is a classification of training that trains your muscles to work together and prepares you for daily tasks by simulating common movements such as squatting, reaching, pulling etc. that you might do at home, at work, or in sports.

NAME OF PROGRAM: MASSAGE THERAPY

This therapeutic practice of kneading or manipulating a person's muscles to improve their wellbeing is a perfect addition to your agenda. Each participant will have a ten minute session with a professional.

NAME OF PROGRAM: PAINT AND MOTIVATE

Paint and Motivate offers a unique and powerful service of connecting the artist to the painting that will last beyond the workshop. In this art experience, participants get to take their finished work home as a memorial of their achievements.

NAME OF PROGRAM: YOGA/MINDFULNESS

Yoga therapy is a mind-body practice that focuses on your physical, emotional and mental health.

COST



~Program 1 - Zumba Dance Cardio

Cost of Program: \$1,600.00

~Program 2 - Functional Fitness

Cost of Program: \$1,600.00

~Program 3 - Massage Therapy

Cost of Program: \$3,200.00

~Program 4 - Paint and Motivate

Cost of Program: \$50.00 per person

~Program 5 - Yoga

Cost of Program: \$1,800.00



**"IT'S EASIER TO BUILD
STRONG CHILDREN THAN
TO REPAIR BROKEN MEN"
FREDERICK DOUGLASS**

REDZ ARTS AND SERVICES is a vendor of the following:

NYC Department of Education Vendor ID: **SIP107910**

City of New York Vendor ID: **VS00051679**

Nassau Boces Arts In Education: **REDZ INC**

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YouTube:

<https://www.youtube.com/channel/UCrTSGtAxy2Lk8Y2J8TOBnpg>

General Statement: Our goal is to meet the needs of the community that we are serving. Please contact us for a free consultation on how we may customize a workshop for your group.

<https://www.calendly.com/redzinc>

Thank you for your commitment in building strong, resilient, and wholesome scholars.