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Dance Out Diabetes Introduces A Fun Alternative to the Physical Activity Component of Diabetes Prevention and Control

San Francisco, CA – With the problem of diabetes at epidemic proportions, medical professionals and people with diabetes are searching for ways to address a critical yet, missing component of current diabetes prevention and self-care management of diabetes: physical activity.

Dance Out Diabetes is an innovative, diabetes-friendly program for dance that includes all ages, all types of diabetes (type 1, type 2, prediabetes, gestational, unknown type), and family and friends.

Founded by renowned diabetes nurse educator and author, Theresa Garnero, the vision of Dance Out Diabetes is to have FUN while managing health thru being active with dance and education.

“The interest from people with diabetes and medical professionals has been overwhelming,” said Theresa. “Dancing is a great way for people of all ages to get and stay in shape while having fun. It also has many positive health benefits. Dancing lowers glucose, reduces stress, increases flexibility and strength, builds endurance, and just plain makes you feel good,” she concluded.

Monthly dance programs include a lesson with a dance instructor (style varies each session) followed by different genres of music that allow people the chance to free- dance regardless of their ability. People with diabetes and

their families will also have an opportunity to socialize with peers facing the same types of challenges in a relaxed and informal setting.

Participants will have a unique opportunity to meet with an on-site Certified Diabetes Educator (CDE) and get personalized diabetes feedback by monitoring key health markers. This includes self-reported blood glucose (and the three-month glucose average A1C), cholesterol levels, quality of life, and onsite blood pressure and weight measurements. A “hypo-rescue” area will be available for anyone who experiences low blood glucose. CDE’s will also be on hand to assist individuals experiencing those reactions or to answer questions about diabetes self-management.

Through a regular newsletter, website and handouts at monthly events, participants will receive information about diabetes, self-care, nutrition tips, product information and more.

Finally, Dance Out Diabetes will have an opportunity to collect data to study the effects of dance on diabetes prevention, management and self-care; and report that information to diabetes professionals.

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“I finally found a place I belong. It’s great to have a diabetes-friendly dance spot where people won’t freak out by seeing my insulin pump and know how to support me if I go low. Plus, the variety of music keeps me interested. And I no longer have to stay up late to go to a crowded, alcohol and smoke filled club just to dance!”

– Julie, San Francisco, CA