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## News Release

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### **Dance Out Diabetes leads National Dance-a-thon, plus Health Fair**

**San Francisco, October 22, 2012** – Dance Out Diabetes, invites you to join the fun during their third annual Dance-a-thon which supports their unique non-profit dedicated to preventing and managing diabetes through dance, education, support, and access to care.

On November 10, 2012 in conjunction with World Diabetes Day events, Dance Out Diabetes is holding its dance-a-thon and health screening! The event will be held at the African American Art & Culture Complex 762 Fulton Street (between Buchanan & Webster) in San Francisco, California from 1 – 5 p.m. The event is for people of all ages and abilities, all types of diabetes, and friends and family.

Event features include:

- 4 hours of dancing to several genres of music with DJ Charis
- Local, celebrity Freeplay Dance Crew will lead us in a group dance!
- Our first attempt to live stream with a mini-Zumba routine, lead by Rossy Leon!
- A goofy performance to Abba's Waterloo, and a fun dance contest to 3 popular songs
- Ask the endocrinologist a question, with our Board of Director, Dr. Nancy Bohannon
- Health screening (A1C included) from certified diabetes educators and free diabetes educational materials
- Expressive Diabetes Art Show (plus the winner of the [Design Contest](#))
- Sharing new information from diabetes industry and other local diabetes non-profit organizations
- Free chair massages from SF Spine Pain Relief Center
- Silent auction
- Free finger food, beverages and prizes

You can join in from home by tuning in virtually from [www.danceoutdiabetes.org](http://www.danceoutdiabetes.org) and purchase tickets in advance. This annual fundraiser allows us to support our free programs. Every \$10 contributed allows one person at risk for or with diabetes to get

screened for diabetes, meet with a certified diabetes educator and participate in one of our monthly dance programs.

Our monthly dance program provides ongoing health screenings at each session (blood pressure, height, weight, waist circumference, A1C, and pre and post-dance glucose checks) and tracks progress over time; consultation with a certified diabetes educator and dietitian; a 45 minute dance lesson from a qualified instructor and an optional 45 minute free style dance to DJ music.

Diabetes is a chronic disease, which has reached epidemic proportions.

- Diabetes impacts the entire family and a diagnosis puts the other family members at greater risk for developing the disease;
- African-Americans, Hispanic/Latinos, Asians/Pacific Islanders and Native Americans are all at greater risk of developing diabetes;
- Diabetes is a chronic disease that when left undiagnosed or uncontrolled can lead to a host of debilitating complications including heart attacks, strokes, blindness, kidney failure, and greater risk of amputations. These can be prevented.

### **About Dance Out Diabetes**

Dance Out Diabetes is the premier non-profit dedicated to getting communities active through dance, prevention and management of diabetes, access to care and ongoing support. Regular physical activity, education on diabetes self care, and managing weight are critical components for the successful prevention and management of the disease. Most programs do not offer structured exercise programs. Dance Out Diabetes is that link: an innovative, diabetes-friendly program for dance that includes all ages, types of diabetes, and family and friends. Founded by renowned diabetes nurse educator and award winning author, Theresa Garner, the vision of Dance Out Diabetes is to have fun while managing health thru being active with dance and education.

### **Our Sponsors**

Dance Out Diabetes is grateful for the support of the following sponsors: Roche, Santarus, Glooko, Animas, Lifescan, DexCom, KIND, Abbott, San Francisco Examiner, SF Spine Clinic and Mezes Restaurant

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