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News Release

S.F. NON-PROFIT PAYS PARTICIPANTS TO PREVENT AND MANAGE DIABETES WITH DANCE CLASSES AND HEALTH SCREENINGS

SAN FRANCISCO, January 1, 2014– The San Francisco-based nonprofit, Dance Out Diabetes will hold monthly dance and health screening events every second Saturday in 2014 and offer carrot cash incentives to spend at local farmers' markets for adults who participate (and for children with diabetes). People with or at risk for diabetes, their families and others are invited to dance for the health of it at monthly dance classes that also feature medical screenings, interaction with diabetes educators in a supportive setting.

Founded by renowned diabetes nurse educator and award winning author Theresa Garnero, the vision of Dance Out Diabetes is to have FUN while managing health through dance and education in a relaxed and informal setting. The programs are geared towards the beginner dancer. Participants get education and money to spend on organic produce.

The classes are held from 1 – 3 p.m. on the second Saturday of each month throughout 2014 at the African American Art & Culture Complex, 762 Fulton Street, San Francisco.

Dance Out Diabetes' program targets people of all ages with type 1 or type 2 diabetes, pre-diabetes, those at risk of developing the disease, friends and family. Classes provide dance instruction on a cultural odyssey of venues including Hot Hula, Belly Dancing, and Zumba Gold, among many other fun dance genres taught by professional

dance instructors. Before the dances begin, participants can have key health markers tested, such as glucose, A1C (3-month glucose), blood pressure and weight, and receive feedback about the results from certified diabetes educators.

Dance Out Diabetes is reaching out to many beyond San Francisco by live streaming its 2014 dances. Those unable to attend the monthly events can dance along where ever they can access the Dance Out Diabetes website.

The onsite program is offered for a suggested \$10 donation (waived for those who cannot afford it). The program is made possible in part by a collaboration with the African American Art & Culture Complex and the use of its dance studio, as well as individual donors, corporate sponsors and a volunteer team, Dance Out Diabetes has no employees but an engaged community trying to make a meaningful impact. Outcomes for the program were published at the American Diabetes Association's Scientific Sessions. For more information or to access the live streamed monthly dances, check out the website at www.danceoutdiabetes.org or call 1-877-765-4386.