



Dance Out Diabetes presents

Zumba Gold Class with Rossy Leon

WHEN: Saturday 4/12/14 from 1-3 pm (Arrive at 1:15 if you do not want the screening)

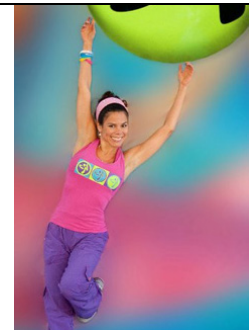
WHERE: The African American Art & Culture Complex (762 Fulton Street, S.F., CA 94102 between Buchanan & Webster). Free parking.

WHO: Everyone, with and without diabetes, all ages, abilities.

WHAT: Let instructor Rossy Leon show you the moves to Zumba - a dance fitness program that combines Latin and international music with steps based on salsa, merengue, cumbia, reggaeton and samba that makes exercise fun. The "Gold" part means it is an easier version of Zumba. Of course, Zumba is a blast and an easy way to burn calories without even realizing it.

About the instructor:

Rossy Leon is a very popular San Francisco Zumba instructor who is donating her time and talent. She returns to Dance Out Diabetes for another not-to-be-missed class. Rossy teaches at a pace everyone can follow, including those requiring chairs or wheelchairs, and those who feel they have two left feet.



HOW & WHY: Dance Out Diabetes is a local non-profit that prevents and manages diabetes through dance. Because of volunteers, individual donors and corporate sponsorships, participants get a \$277 value health check-up. This includes blood pressure, height, weight, A1C test (3-month glucose average), glucose, and access to certified diabetes educators. And we pay you to go dancing for the health of it!

HEALTHY REWARDS INCENTIVE PROGRAM: Participants who attend the event and get their health screenings will receive a \$10 gift card. Diabetes is expensive and can be a burden, so this is our way to inspire you.

Contact: Theresa at 1-877-765-4386 with questions. Website: www.danceoutdiabetes.org
Wear comfortable shoes, clothes and **bring water**.

COST: \$10, but if you can't afford it, just show up!



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