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November 14th is the Day to Put Your Dance Shoes On!

Dance Out Diabetes Holds Kick-Off Event on World Diabetes Day

San Francisco, CA – Dance out Diabetes WANTS YOU! To join them for the kick-off celebration of a unique non-profit dedicated to preventing and managing diabetes through dance.

In conjunction with World Diabetes Day on November 14, 2010, Dance Out Diabetes is holding its kick-off event at the Metreon City View Room in San Francisco from 1 – 4 p.m. The event is for people of all ages and abilities, all types of diabetes, friends and family.

City View Room is a must see location, with floor to ceiling glass and expansive views of downtown San Francisco and Yerba Buena Gardens. The event features drums and body percussion by Drum Cafe, a wide variety of music furnished by Nathan DJ Milestone and plenty of dancing!

The event is a great bargain: \$10 for adults; \$5 for ages 8 – 17, individuals over 60 or those with an EBT card, Medicare, Medi-cal card (with photo ID); kids under 7 free.

Regular program events begin the 2nd Sunday December and each month thereafter from 1-4 pm at the Y Embarcadero (169 Steuart Street, San Francisco 94105).

Our Event Sponsors

Dance Out Diabetes is grateful for the support of the following sponsors: The Metreon, California Pacific Medical Center, Vizcaya Staging, Anywhere Inc., Animas, Paragon Realty, BD, Santarus, ReStore! Energy Drink, LifeScan, Sanofi-Aventis, Roche, Medtronic, Mezes Restaurant, Sen Sens Restaurant Arizmendi Bakery, Other Avenue Foods, Trader Joes, Costco, and Starbucks.

About Dance Out Diabetes

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 the missing 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 author, Theresa Garner, the vision of Dance Out Diabetes is to have FUN while managing health thru being active with dance and education.

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.

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