

Get Your Dance Shoes On to Support Dance Out Diabetes

Group Holds First Annual Dance-a-thon

San Francisco, CA – Dance out Diabetes, WANTS YOU to join them for their first annual Dance-a-thon to support their unique non-profit dedicated to preventing and managing diabetes through dance.

On November 12, 2011 in conjunction with World Diabetes Day, Dance Out Diabetes is holding its Dance-a-thon at the Russian Center in San Francisco from 1 – 5 p.m. The event is for people of all ages and abilities, all types of diabetes, and friends and family.

The Russian ballroom is a must see location, with beautiful hardwood dance floors and deco elegance in the heart of San Francisco. The event features dancing, a wide variety of music furnished by DJ Rosie, the “Big Blue Test” by Diabetes Hands Foundation, finger food, beverages, prizes, contests, a silent auction, and oh, did we mention? Dancing!

Come get your dance on and help a great cause!

Tickets are available for the affordable price of \$10. You can purchase your ticket in advance [online at our secure portal](#) or pay at the door the day of the event.

But wait, there’s more — Dance Out Diabetes would like to invite you to go further and help us raise money to support our programs. **Every \$10 you raise or contribute allows one person at risk for or with diabetes to participate in our monthly program.** Raise \$50 and 5 people can attend a monthly program.

Our supervised monthly dance program provides ongoing health screenings at each session (blood pressure, weight and pre and post-dance glucose checks) and tracks progress over time with a secure Internet patient portal; 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.

We’ve made fundraising for us super easy: just [register as a fundraiser at our Crowdrise page](#). You set up your own page, set your fundraising goals, add pictures, form a team and ask friends and family to multiply your efforts by supporting Dance Out Diabetes (and you) with a donation. Heck, it’s so easy you can send an email to your whole address book asking them to donate to the cause. Everything is handled on a secure online platform and your supporters can just pay with a credit card. You don’t have to collect the pledges – just come and dance!

Join us on Saturday November 12, 2011 from 1 – 5 p.m. at the Russian Center 2460 Sutter Street (between Divisadero/Broderick) in San Francisco. No one will be turned away because of inability to pay.

Diabetes is a chronic disease which has reached epidemic proportions. 1 of every 2 people in the United States will have prediabetes or diabetes within 9 years. Among some ethnicities that number is currently one in two.

- 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;
- Many of these populations most at risk for developing diabetes are also disproportionately affected by disparities in the health care system;
- One in every three children worldwide born after the year 2000 are at 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.

About Dance Out Diabetes

Education on diabetes self care, nutrition information and regular physical activity are critical components for the successful management of the disease and ways to avoid the complications from uncontrolled diabetes.

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 Garnero, 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: Anyware Group, Inc., California Pacific Medical Center, San Francisco Examiner, Animas, Omnipod, DexCom, Medtronic, Prescription Solutions, Sanofi-Aventis, Roche, Mezes Restaurant, Black Tie Affair Catering, Kokkari Restaurant.

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