



Put Your Dance Shoes On and Become a Member!

Benefits of Membership

- Four 15-minute non-urgent phone consultations with a diabetes educator yearly.
- VIP access to monthly dance programs and screenings by certified diabetes educators (CDEs).
- Access to private and secure members section at our website for capturing and tracking your personal health metrics over time (mail in option for those without web access).
- Printouts of progress for your healthcare providers.



Membership Discounts

- Two free A1C tests per year (onsite or kit mailed to your home)
- 10% off Dance Out Diabetes merchandise
- 20% off a copy of the award-winning book, *Your First Year with Diabetes* by Dance Out Diabetes Founder Theresa Garner
- Discounts to selected dance events

Interested in being a volunteer?

Join our dedicated volunteers by contacting us at staff@danceoutdiabetes.org to be a part of this community and dance revolution. You can volunteer to help on projects regardless of where you live.

“Dance is an important part of my culture. Dance Out Diabetes makes it fun even while I’m doing something helpful for my body and my diabetes. Plus my membership gives me personal access to a diabetes educator.”
– Gracie, San Francisco

Dance Out Diabetes Program Highlights

- ♪ Regular dance events for the non-dancer in a supportive environment
- ♪ Light dance instruction and free-dance venues
- ♪ A variety of music genres and dance styles
- ♪ Regular newsletters, nutrition tips
- ♪ On-site certified diabetes educators to answer questions and assist with low sugar (glucose)
- ♪ Professional and personalized diabetes feedback by monitoring key health markers such as A1C, blood pressure, cholesterol, and weight.



dance out diabetes

Membership Application Form

Enter my membership category below.
Membership runs annually from the date
payment received.

- Individual: \$150/year
- Child: \$80/year (age 8-17)
- Senior: \$80/year (age 60 and older)
- Family: \$250/year (2 adults, 3 children less than age 17)
- I would like to include a donation of \$ _____

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Type of diabetes or affiliation to person with
diabetes: _____

- I do not have access to the internet. I need regular newsletters and nutrition tips mailed to me. I will be provided with, and send my monthly personal health metrics surveys, by mail via prepaid envelope. Quarterly reports of your progress will be mailed back to you.

Mail this form and payment to:

Dance Out Diabetes

P.O. Box 14002

San Francisco, CA 94114

Prices subject to change

Non-Profit ID#26-3192707

Dancing for the Health of it!

Contact us

staff@danceoutdiabetes.org

1-877-765-4386

P.O. Box 14002

San Francisco, CA 94114

www.danceoutdiabetes.org

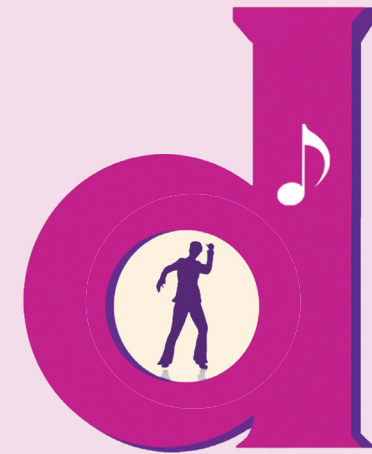
**Dance Out Diabetes' mission
is to prevent or manage
diabetes through
dance and education.**

Join Us on

facebook



dance out diabetes



dance out diabetes

Membership Advantages

