



Dance Out Diabetes presents Dance Off the Weight Program

American Line Dancing Class with Allen Isidro!

WHEN: Saturday 5/12/12 from 1-3 pm (and every 2nd Saturday in 2012)

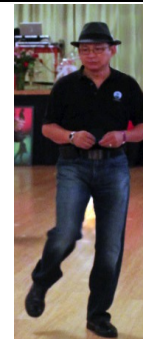
WHERE: The African American Arts & Culture Complex (762 Fulton Street, S.F., CA 94102 between Buchanan & Webster). Free parking.

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

WHAT: American Line Dancing involves a repeated sequence of steps in which a group of people dance in several rows all facing the same direction, and take the same steps at the same time to a mix of popular music.

About the instructor:

Allen Isidro has been teaching line dancing for years at senior centers, recreation departments, various fundraising events, community centers, and many more Bay Area facilities. Allen will offer a fun, new approach to low-impact exercise in his American Line Dancing class with Dance Out Diabetes.



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 free, \$100 value health check-up. This includes blood pressure, height, weight, A1C test (3-month glucose average while funding lasts), glucose, access to certified diabetes educators, and a free subscription to *Weigh Wise* (a monthly weight management series by our expert registered dietitian). And dancing for the health of it is fun!

REGISTER: at www.danceoutdiabetes.org or call Theresa at 1-877-765-4386. Please show up promptly at 1 pm for check-in. Wear comfortable shoes, clothes and **bring water** (and a snack if needed). We are a scent-free organization. Music request to dj@danceoutdiabetes.org.



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