



Dance Out Diabetes presents

Soul Line Dance Class with CC Brown

WHEN: Saturday 12/9/13 from 1-3 pm

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: Soul line dancing is a fun group, step dance that actually started in Africa. It is different from country western line dancing. Also called "urban line dancing", it is danced in parallel lines, with a repeated sequence of easy steps anyone can remember. And the soul music is terrific!

About the Instructor:

CC Brown is a dancercise instructor who teaches throughout the San Francisco Bay Area. She breaks down the steps so they are easy to master. With CC's class, you will learn some fun, easy steps that you can take home and apply to your favorite music. CC has been teaching for decades, and her program is not to be missed!



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), glucose, and access to certified diabetes educators.

HEALTHY REWARDS INCENTIVE PROGRAM: Participants who attend the event and get their health screenings will receive a \$10 gift card to local organic grocers and fitness facilities. They can get another \$10 for exercising at least 30 minutes 3 times every week between the dances. If participants return with a completed Dance Out Diabetes 3-Day Weigh Wise food/activity diary and get our diabetes educator feedback, they get *another* \$10 gift card. Visit www.danceoutdiabetes.org for the Weigh Wise food/activity diary.

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). Music request to dj@danceoutdiabetes.org.



STAY IN TOUCH with us on Facebook, or visit our website to sign-up for free newsletters.

FREE