



Dance Out Diabetes presents

## Latin Fusion Zumba with Rossy Leon

**WHEN:** Saturday 7/12/14 from 1-3 pm (Arrive at 1:15 if you do not want the screening)

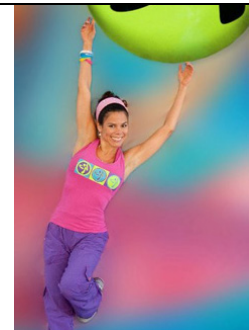
**WHERE:** The African American Art & Culture Complex (762 Fulton Street, S.F., CA 94102 between Buchanan & Webster). Free parking.

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

**WHAT:** Let instructor Rossy Leon show you the moves to Latin Fusion Zumba - a dance fitness program that combines many styles of Latin dances such as merengue, salsa, and samba into a fun workout. Of course, Zumba is a blast and an easy way to burn calories without even realizing it.

### About the instructor:

Rossy Leon is a very popular San Francisco Zumba instructor who is donating her time and talent. She returns to Dance Out Diabetes for another not-to-be-missed class. Rossy teaches at a pace everyone can follow, including those requiring chairs or wheelchairs, and those who feel they have two left feet.



**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 \$277 value health check-up. This includes blood pressure, height, weight, A1C test (3-month glucose average), glucose, and access to certified diabetes educators. And we pay you to go dancing for the health of it!

**HEALTHY REWARDS INCENTIVE PROGRAM:** Participants who attend the event and get their health screenings will receive a \$10 gift card. Diabetes is expensive and can be a burden, so this is our way to inspire you.

**Contact:** Theresa at 1-877-765-4386 with questions. Website: [www.danceoutdiabetes.org](http://www.danceoutdiabetes.org)  
Wear comfortable shoes, clothes and **bring water**.

**COST:** \$10, but if you can't afford it, just show up!



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