



Dance Out Diabetes presents

## Tai Chi as Dance Class with Arnel Valle

**WHEN:** Saturday 8/9/14 from 1-3 pm (Show up at 1:15 if you do not want the screening.)

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

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

**WHAT:** Tai Chi as Dance is a style of the traditional Tai Chi forms that are popular in China and Taiwan and have recently been introduced to the U.S. It blends classic, graceful Chinese choreography with Tai Chi forms of exercise, and it contributes to goals of increasing body flexibility and strength, improving your balance, and of achieving serenity and self-confidence.

### About the instructor:

Arnel is a Group Exercise Fitness Instructor, and he has been teaching choreographed workout routines since 2003. He is a San Francisco native from a family with a history of diabetes. Arnel's Tai Chi as dance style encourages people to move within their comfort zone while exploring their unlocked ability to challenge their perceived limits and gain a greater sense of power, confidence and well-being.



**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.

**REGISTER:** at [www.danceoutdiabetes.org](http://www.danceoutdiabetes.org) or call Theresa at 1-877-765-4386. Wear comfortable shoes and **bring water**.

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



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