



Dance Out Diabetes presents

Totally Michael Jackson with DJ Charis

WHEN: Saturday 11/8/14 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, S.F., CA 94102 between Buchanan & Webster). Free parking.

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

WHAT: Join DJ Charis in an exciting afternoon of dancing to all Michael Jackson music!



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.

MORE INFORMATION: www.danceoutdiabetes.org or call Theresa at 1-877-765-4386. Wear comfortable shoes, comfortable clothes and **bring water**.

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



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