



## Dance Out Diabetes presents

### Salsa with Elsa Rivera

**WHEN:** Saturday 12/13/14 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:** Salsa is a lively Latin dance form with Cuban origins. It is generally associated with Latin-American dance music, Afro-Caribbean rhythms, and a Cuban big-band flavor. Salsa gets arms moving and hips shaking for a fun workout everyone can enjoy.

#### About the instructor:

Elsa Rivera has been dancing and performing for over 20 years in various genres of dance including salsa, samba, latin jazz, hip hop, and hula. Committed to a fitness lifestyle that should be fun, Elsa will show you an upbeat salsa workout that gets the whole body moving, but is accommodating to all ages and abilities.



**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 \$20 gift card (while supplies last). Diabetes is expensive and can be a burden, so this is our way to inspire you.

**MORE INFO:** [www.danceoutdiabetes.org](http://www.danceoutdiabetes.org) or call Theresa at 1-877-765-4386.

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



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