

February 8, 2010
FOR IMMEDIATE RELEASE
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SPIRIT OF WOMEN: DANCE YOUR HEALTH OUT ON FEB. 20

TUPELO, Miss.—Lace up your dancing shoes because the 2010 Day of Dance for Health promises to get your heart beating and your feet moving.

Feb. 20 is the celebration of dance as a way to enjoy life and prevent heart disease, the No. 1 killer of American women. Festivities will take place from 8 a.m. until noon at The Orchard, 1379 Coley Rd., Tupelo.

Beginning at 8 a.m. and during breaks, take advantage of health screenings and education, including blood pressure, cholesterol, glucose, women's heart disease risk, body mass index, stroke risk and more. The first 100 participants can take advantage of free cholesterol screening (a lipid panel with total cholesterol, HDL, LDL and triglycerides), while all others can have the screening done for only \$5.

Dancing begins at 9 a.m. with each dance session offering the opportunity to watch, then join in. Day of Dance for Health will also include educational mini-sessions between dances.

Participants are eligible to win a \$100 Visa gift card from the national Spirit of Women organization to be given away at the event, as well as entered into a national drawing for a \$1,000 Visa gift card.

Admission is free and open to all ages. Heart-healthy snacks, door prizes and giveaways will be provided. Day of Dance for Health is presented by NMMC's Spirit of Women program through a grant from Project Hope. For more information, call (662) 377-4099 or 1-800-THE DESK (1-800-843-3375).

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Sidebar:

Day of Dance for Health Agenda

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| 8 a.m. | Registration & health screenings |
| 8:45 a.m. | Welcome & warm up |
| 9 a.m. | Step in to meet with your doctor and step up to quit smoking |
| 9:10 a.m. | Sorority stepping with Porschia Perry |

- 9:30 a.m. Shimmy your way to a healthier weight
- 9:40 a.m. Belly dancing with Fatili Dance Company
- 10 a.m. Door Prizes
- 10:05 a.m. Hustle to increase your physical activity
- 10:15 a.m. The Hustle with Lisa Kimes
- 10:35 a.m. Boogie to healthier eating
- 10:45 a.m. Boot Scootin' Boogie with Cedar Hill Steppers
- 11:05 a.m. Hey Baby, I'm lettin' go of stress!
- 11:15 a.m. Hey Baby with Cedar Hill Steppers
- 11:35 a.m. Other "moves" to help you celebrate heart health
- 11:40 a.m. Celebration Dance
- 11:45 a.m. Door prizes and \$100 Visa card giveaway