

Community Dance-A-Thon

A dance-a-thon is a great way to get people moving. Embrace your community's diversity by sponsoring dance events of different origins. Do it for a cause – raise money for your local schools, hospital or your next community project.

Set a Date - Plan a day when the weather is nice and you can expect the most amount of town participation. Avoid holidays or dates that conflict with other popular events in the community.

Reserve a Location - Look for a big location (i.e. school gyms, public outdoor spaces, local community centers). Contact local law enforcement to inquire about any necessary permits and regulations. Secure your venue.

Get the Music – When there is dancing, there needs to be music! Hire a DJ or a live band for your community dance-a-thon. Have different types of music to attract community members of different ages and origins. If you have local dance school, have them come out and teach a few moves.

Get the Word Out! – Make posters or flyers, send out e-mails and tell the local community centers, senior centers and schools about the dance-a-thon. This will get people excited and involved. Have people register for the event so you can keep track of how many people participate.

Resources –

[Example: PWF Earth Day How to Hold a Dance a Thon Dance as Therapy](#)

MWC Success Stories:

Be the first success story!



Mayors Wellness Campaign
Put your community in motion.