Mayors Wellness Campaign
Put your community in motion.

COMMUNITY DANCE

✓ MOVE TO THE MUSIC

- A community dance is a great way to get people moving and build community.
- Dancing promotes physical activity and appeals to community members who are looking for an alternative form of exercise.
- The health benefits of dancing include improvement in cardiovascular health, endurance, bone strength and flexibility.
- As a form of socialization, it also improves mental health and reduces the negative health impacts of isolation.
- You can sponsor dance events that highlight your community's diversity by featuring traditional cultural dances. This **resource** can help you brainstorm ideas to plan traditional dances. For information on a world dance party, see this **article**.
- You can choose to open your dance event to everyone or create special dance groups for certain age groups or neighborhoods. A useful resource for organizing fundraising dance-a-thons can be found **here**.
- You can organize a dance-a-thon to support a cause or community project, or to raise money for your local schools or hospital.

✓ ACTION STEPS

Set the Time and Place
- Plan a day and time that you can expect the best participation.
- Avoid holidays or dates that conflict with other popular events in the community.
- Reserve a space large enough to accommodate all participants.
- Secure permits and follow any relevant regulations.

Music Matters
- You have to get great music!
- Hire a DJ or a live band that can offer different types of music to attract diverse community members of different ages.

Teach Some Moves
- Ask a local dance school to teach a few easy dance steps or sequences.

BE THE FIRST!

Tell the Mayors Wellness Campaign what you did so we can spotlight your work here!

Get the Word Out

- Make posters or flyers, send out e-mails and inform the local community centers, senior centers and schools.
- Encourage businesses, sports teams, or other groups to participate together.
- Have people register so you can keep track of how many people participate.

✓ MORE RESOURCES

American Dance Therapy Association