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

For more information, contact the New Jersey Health Care Quality Institute’s Mayor’s Wellness Campaign at 609-452-5980 or info@njhcqi.org