

# Let's Dance, SAVANNAH!

**Saturday, July 24th, 11:00AM-4:00PM**  
**The Center Court at Savannah Mall**  
**Free Dance Classes!**

**DANCE is, indeed, EXERCISE! It's a fun way to get that  
RECOMMENDED 30 MINUTES OF "MODERATE-INTENSITY" PHYSICAL  
ACTIVITY PER DAY.**

**Join us for free dance demonstrations & classes,  
courtesy of the following dance organizations:**

**11:00-11:30AM ZUMBA! with Teresa Stovall**

**11:30AM-12:00PM USA Dance/Moon River Dancers, Ballroom**

**12:00AM-12:30PM Savannah Tango**

**12:30-1PM Silver Liners**

**1-1:30PM Abundant Life Worship Center Dance Ministry, Mime/Step/Lyrical**

**1:30-2:00PM One Spirit Dance Academy**

**2:00-2:30PM Maxine Patterson's School of Dance, Jazz**

**2:30-3:00PM The STUDIO, Ballet**

**3:00-3:30PM Abeni Cultural Arts, African Dance**

**3:30-4:00PM Lotus Dance Company, Egyptian Belly Dance**

**Healthy snacks, blood pressure checks,**

**BMI (body mass index) measurements, blood glucose testing & bone  
density scans...**

**PLUS**

**chances to win an iPod Shuffle/iTunes Gift Card Combo**

**For more information, please call: 912.644.5209 or 912.484.1885**

**Partners: Community Cardiovascular Council, CVS, Armstrong Atlantic State University Health**

**Sciences Department**

