

Let's Dance, **SAVANNAH!**

Saturday—February 28th, 10:30AM-4PM
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:**

- 10:50-11AM Savannah Lion Dance Team
- 11-11:30AM ZUMBA! with Rebecca Haas
- 11:30AM-12:15PM USA Dance/Moon River Dancers, Ballroom
- 12:15-1PM Silver Liners
- 1-1:30PM Abeni Cultural Arts, African Dance
- 1:30-2:15 Maxine Patterson's School of Dance
- 2:15-2:45 Savannah Children's Theatre
- 2:45-3:30 Savannah Swing Cats
- 3:30-4PM Lotus Dance, Egyptian Belly Dance
- 4-4:30PM The STUDIO, Ballet



Free!

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

PLUS

chances to win raffle prizes: dance instruction DVDs & an MP3 Player!!!

For more information, please call: 912.644.5209 or 912.484.1885

**Partners: Chatham County Health Department WIC Program, Community Cardiovascular
Council, Armstrong Atlantic State University Health Sciences Department, CVS**