The Goal of This Symposium

Movement is exercise and can serve to reduce the prevalence of obesity, diabetes, hypertension and certain types of cancer—conditions that disproportionately impact communities of color. Dancing can help lower stress and improve overall well-being.

The goal of this symposium is to encourage the participants to believe they have the ability to incorporate movement into their daily living. DANCE as opposed to EXERCISE as a form of daily movement will be emphasized for Youth and Adults.

Who Should Attend?
This program is open to all

Partners

YMCA of Greater Pittsburgh
Gateway Health Plan
American Heart Association
Level Up Dance Studio
Pittsburgh Alumni Chapter
Pittsburgh Black Nurses in Action
Allen House
Hill Dance Academy Theatre
GATEWAY MEDICAL SOCIETY

Take Steps To a Healthy Life – DANCE! MOVE!

Dance and MOVE!

Hip Hop Dance
Yoga
Zumba
Line Dancing

Instruction provided. Please dress comfortably if you plan to participate in dance and movement.

PRESENTERS
Sue Cleveland, RN
Amy Jansen, RN
Dustin Jewell
Monte Robinson, RN
Emiola Jay Oriola
Ifeyinwa Uwazie
Elder, Mattie Woods
AND MORE

For Adults
Workshop topics will address weight management, controlling stress, diabetes prevention and depression. Movement will be emphasized during sessions.

For Youth
Workshop topics will explore how to be healthy in mind, body and spirit. Sessions will also address suicide prevention and depression.

Keep it Moving – Dance!
Take Steps to a Healthy Life

REGISTRATION FORM

Adult Program: Year of Birth ________     ____ Male   ____ Female
Youth Program:   ____ Age of Young Person

This Symposium is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis or treatment. Consult your physician before participating in movement activities.

Some of the material or information may be sensitive in nature

Name
Age
Address
City, State, Zip Code
Email Address
Phone

Lunch Selections (select one)

[ ] Turkey Sandwich
[ ] Ham Sandwich
[ ] Roast Beef Sandwich
[ ] Tuna Sandwich
[ ] Roasted Vegetable Sandwich

This program will be videotaped and photographed and the use of the images is the sole discretion of Gateway Medical Society. If you wish not to have your images used, please inform us in writing.

Planning Committee
Steven Evans, MD, Chair
Marcia Martin, Co-Chair
Merrian Brooks, DO
Michelle Collins
Dawndra Jones, DNP, RN
Gretchen North, MA, MS, CHES
Brenda D. Parks

Special Needs
Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs at least two weeks in advance of the program by calling (412) 281-4086.

Our Sponsors
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Gateway Medical Society
Catherine Udekwu, MD, President, GMS
Steven Evans, MD, Vice President & Program Chair, GMS
Lisa Isaac, MD, Secretary
Anita Edwards, MD, MBA, Treasurer

Register online at www.gatewaymedicalsociety.org or by telephone: 412-281-4086, fax: 412-281-4789 or return form to the Gateway Medical Society office 1835 Centre Avenue, Suite 208, Pittsburgh, PA 15219 by May 31, 2017

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