

HOW BALLROOM DANCING KEEPS YOU HEALTHY

How often do you smile during a workout? You will when you dance! Dancing is not just fun, but it's a great way to stay in shape. See what dancing can do for you:

- improve heart and lung function
- boost strength, stamina and motor skills
- increase aerobic fitness
- improve muscle tone and strength
- help manage weight
- strengthen bones and reduce the risk of osteoporosis
- enhance coordination, agility and flexibility
- improve balance and spatial awareness
- increase confidence
- improve mental functioning
- improve sense of well-being
- boost self-confidence and self-esteem
- enhance social skills
- ... and, did we mention?
... It lets you have a whole lot more **fun!**



CHIP HINDI



Chip Hindi, founder of Enchantment Dancing, has taught dance for 27 years and won some 250 (and counting) awards. He's a five-time recipient of the Most Impressive Teacher award

at the People's Choice competition. Chip teaches American smooth and rhythm, International Standard and Latin, and Country-Western styles and is credentialed by Dvida, the National Dance Council of America, and the Imperial Society of Teachers of Dancing. For lessons, call (505) 268-4411 or visit www.enchantmentdancing.com.

USA DANCE

USA Dance is a national nonprofit organization dedicated to increasing the quantity and quality of ballroom dancing in the United States.

The North Central NM Chapter hosts dances from 6 - 9 p.m. on the 1st and 3rd Sundays at the Albuquerque Square Dance Center, 4915 Hawkins Dr. NE. Check the website for more information.



USA DANCE
OF NORTH CENTRAL NEW MEXICO

WWW.USADANCENM.ORG | USADANCE5047@GMAIL.COM

DANCING *@work*



**HAVE
FUN**

**GET
FIT**

#218871

**LEARN THE BASICS OF
BALLROOM DANCE!**

LEARN TO BALLROOM DANCE — FOR FREE!

Presbyterian employees can now learn the basics of ballroom dancing for free, from one of Albuquerque's best-known dance instructors.

Dancing@Work

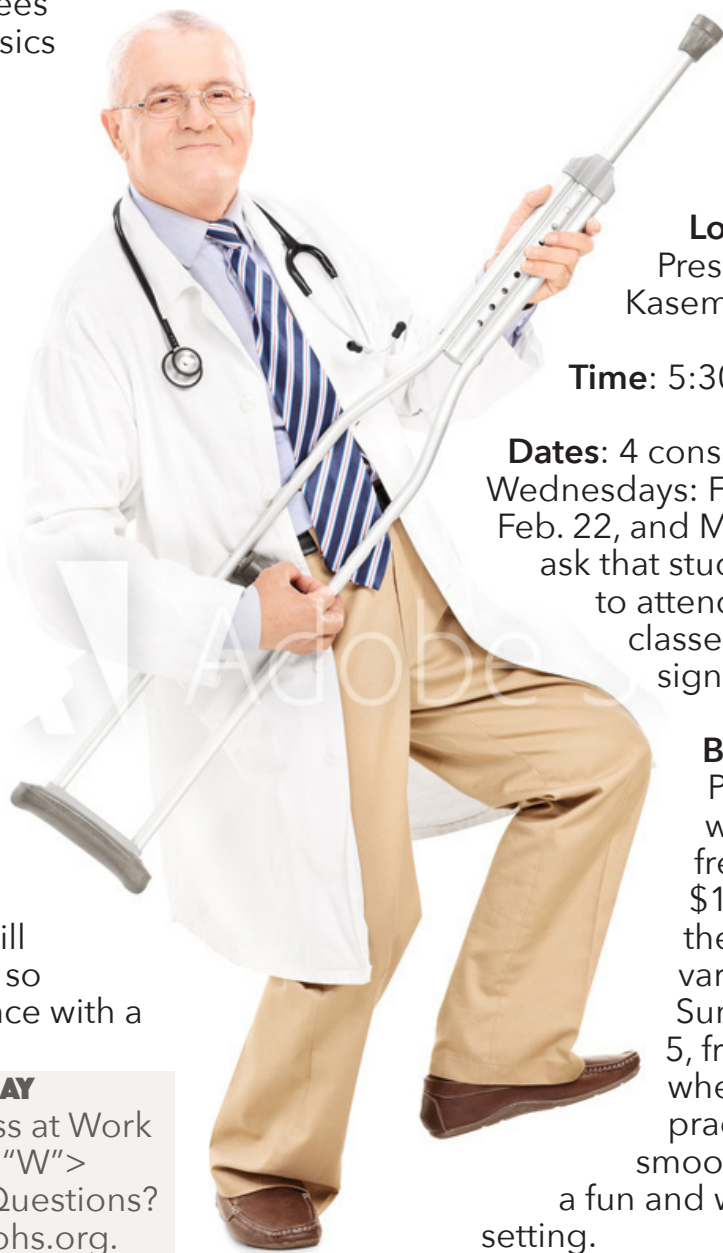
consists of four one-hour classes, organized by the USA Dance North Central NM chapter and underwritten by Presbyterian Employee Wellness.

It's free for Presbyterian employees and their spouses (or dance partners).

No partner? No problem! Students will rotate during classes so everyone gets to dance with a partner.

SIGN UP TODAY

Register on Wellness at Work or go to: PresNet > "W"> Wellness at Work. Questions? Contact wellness@phs.org.



Instructor:
Chip Hindi,
owner of
Enchantment
Ballroom

Location:
Presbyterian
Kaseman Hospital

Time: 5:30 - 6:30 p.m.

Dates: 4 consecutive
Wednesdays: Feb. 8, Feb. 15,
Feb. 22, and March 1. (We
ask that students commit
to attending all four
classes before
signing up.)

Bonus:
Participants
will receive a
free pass – a
\$10 value – to
the USA Dance
variety dance on
Sunday, March
5, from 6 - 9 p.m.,
where they can
practice their new
smooth moves in
a fun and welcoming
setting.

Syllabus: Chip will teach salsa, swing, tango, and waltz – four dances that provide a foundation for just about any ballroom dance.

You'll learn the basic footwork and the important elements of each dance along with an introduction to dance timing and rhythm.

HOW TO DRESS FOR CLASS

Dress in *comfortable clothing* that lets you move easily.

Your *shoes* are most important. Your footwear should firmly support your feet – no flip-flops or sandals, please! – without gripping the floor too tightly.

We do NOT recommend athletic shoes, or any shoes with rubber or grippy soles. Instead, wear shoes with leather or another type of smooth sole so you can easily execute the fun turns and spins of dancing.

