

Day of Dance[®].com

F O R Y O U R H E A L T H

Get Your Dance On!

Saturday, February 16, 2013 – Spotsylvania Towne Centre

Saturday, February 23, 2013 – Potomac Mills

1:00 p.m. – 4:00 p.m.



Across the United States and in your community — dance, learn simple ways to stay healthy, enjoy music and participate in health screenings.

Jazzercise • Zumba • Line Dance • Belly Dancing

Shopping just got healthier! Wear your comfy shoes and come dance with us as we bring dancing, entertainment and healthcare to the malls.

■ **Admission Fee: FREE**

■ **Dance Instruction**

■ **1:1 Physician Consultations**

■ **Flu Vaccines**

■ **Free Health Screenings**

- Blood Pressure
- Stroke
- Cholesterol
- Asthma
- Heart Failure

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