

News Release

Contact: Jennifer Tornetta, 609-569-7010, jennifer.tornetta@atlanticare.org
Jenna Dearth, 609-449-4318, jenna.dearth@atlanticare.org
Frank Tedesco, 609-407-2550, frank.tedesco@atlanticare.org

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AtlantiCare Women's Health & Wellness to host fourth annual "Day of Dance for Health" *Community event features dance demonstrations, health screenings*

AtlantiCare will join hospitals and health networks across the nation in promoting healthy lifestyles when AtlantiCare Women's Health & Wellness hosts its fourth annual "Day of Dance for Health," Saturday, February 23. The event will take place from 10 a.m. to 2 p.m. at the Dr. Joyanne D. Miller School, Egg Harbor Township, New Jersey.

Day of Dance is an event celebrated annually by Spirit of Women hospitals and healthcare organizations across the nation. The intergenerational, multicultural and dynamic event combines different forms of music and dance to promote the importance of exercise for a healthy heart. Day of Dance is one of many events and activities AtlantiCare has planned or held to increase awareness about heart disease during February, which is American Heart Month.

Dancers and performers will represent various cultures and forms of dance. Free screenings will include blood pressure, blood cholesterol and blood sugar screenings by the Heart Institute at AtlantiCare Regional Medical Center (ARMC).

"Dance is cardiovascular exercise, and it's fun," said Ann Szapor, executive director of AtlantiCare Women's Health & Wellness. "Whether you're a fan of ballet, Hawaiian or ballroom dancing, you'll find your dancing niche at Day of Dance."

The Day of Dance schedule of performances is:

- 10:20 a.m. Children's Gospel Choir of Second Baptist Church, Atlantic City
- 10:40 a.m. Hawaiian dancing, led by ARMC nurses Maria Florano and Fe Matthews
- 11:00 a.m. Ballroom dancing demonstration, led by the Jersey Shore Ballroom Dance Club
- 11:30 a.m. Jazz performance by Atlantic City Dance Theatre
- 11:50 a.m. Ballet dancing, led by Marylynn Korté McElroy
- 12:20 p.m. Soul line dancing, led by AC Soul Line Dancers

(more)

(AtlantiCare Women's Health & Wellness to host fourth annual Day of Dance for Health – add one)

1 p.m. Country Line dancing, led by Lauren Ricci and Erica Schaffer

1:20 p.m. Zumba dancing, led by Evelyn Bremer

The 2008 National Day of Dance for Health is presented by the Spirit of Women Health Network, *The Heart Truth* campaign, *Good Housekeeping* magazine, The Bristol-Myers Squibb/Sanofi Pharmaceutical Partnership, Quaker Oats, Wheat Thins, Revolution Health, the P.A.D. Coalition and the National Stroke Association.

Participants of the AtlantiCare Women's Health & Wellness event can register for a chance to win the grand prize valued at \$1,000.

Registration is suggested, but not required. For more information about Day of Dance or to register, please call 1-888-569-1000. For information about other AtlantiCare services, visit www.atlanticare.org.

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AtlantiCare is a regional healthcare organization based in Egg Harbor Township, New Jersey, whose more than 4,580 employees serve the healthcare needs of the community at more than 60 locations. It includes AtlantiCare Regional Medical Center (ARMC), the AtlantiCare Foundation, AtlantiCare Health Plans, AtlantiCare Behavioral Health and AtlantiCare Health Services. ARMC became the 105th hospital in the nation to attain status as a Magnet™ designated hospital in March of 2004.