

**Rutgers University-Newark, Office of University-Community Partnerships-Advocates
for Healthy Living & The Center for Health Equity and Community Engagement**

A photograph of an older man and woman dancing in a garden. The man is wearing a light blue checkered shirt and khaki pants, and the woman is wearing a red cardigan over a white shirt and dark pants. They are holding hands and smiling. In the background, there are green plants and hanging lanterns.

**Living Your Best Life
Lifestyle Medicine**

**SPRING FLING
CULTURE BEATS**

EVERYBODY DANCE NOW!

DID YOU KNOW?

Dancing Enhances Memory & Creativity; Improves Muscle Strength, Flexibility & Balance; Boosts Heart Health; and Reduces Stress & Raises Energy.

**Come and learn the latest moves—
Line Dancing 101 / Salsa / Swing & More**

Tuesday, May 9, 2023 | 11:00am–2:00pm

Rutgers University Newark, Paul Robeson Campus Center

**Lunch
Will be
provided**

CONTACT US

**Rutgers University-Office of
University-Community Partnerships
973-353-1181 | www.oucp.newark.rutgers.edu**

**Registration Link:
www.tinyurl.com/ahlispringfling**

**or scan
the QRcode**

