

Dancers Reach Out to Diabetes Support Group by Steve Butler

Seven members of the Adirondack Chapter recently spent an evening sharing their love of dancing with a new audience: Glens Falls Hospital's Regional Diabetes Center Support Groups.

The fifteen-member audience was very receptive as chapter member Joan Butler (one of G.F. Hospital's Certified Diabetes Educators) distributed materials from the USA Dance web site and explained some of the health benefits of dancing for people with diabetes. Next, board member John Dye shared his experience of dancing his way to better health. Then, Steve Butler offered an introductory Swing lesson for all present, with assistance from the rest of the crew, also including our president Cheryl Humphrey and board members Brent Humphrey and Diane and Harry Barker. Participants caught on quickly and after an impromptu dance demo of Swing, Latin and Waltz numbers, our dancers answered questions and encouraged everyone to attend our dances, meet some instructors, take lessons and live longer, happier and healthier!