



Kia ora, aloha, ohana nui



September 2022 Did you know that women over 50 are at a higher risk than men of developing a dementia, developing osteoporosis, falling and suffering an injury, and dying of heart disease? The good news is that dance fitness can reduce all these risks (up to 46% for cardiac death). Women are also twice as likely as men to age alone but less likely to feel lonely due to the social outlet and community provided by activities such as dance fitness. **DO YOUR BODY GOOD AND DANCE.**

SEPTEMBER SCHEDULE

Classes restart September 15 with a **free** 30-minute class. The graduated Return to Dance schedule is posted on the website. <https://kiwadancefitness.ca/return-to-dance/>

REMINDERS

All classes are limited in the number of participants based on allowing you a safe space and room to move about freely. Monthly passholders have reserved spots, everyone else is advised to email or call ahead to let me know you will be attending. I will let you know how many spots are available 24 hours ahead of time.

HOUSEKEEPING

Check out *kiwa dance fitness* on Facebook for the number of spots available and monthly calendars. <https://www.facebook.com/kiwadancefitness>

TACOS, TUNES, AND ISLAND TIME

Welcome to the BLOG, where I talk about personal musings and share recent wellness news that has crossed my path. Please check to see **What's New** and sign up to get email notifications. <https://kiwadancefitness.ca/tacos-tunes-and-island-time/>

WEBSITE

The Nutrition page will be live later today with information on the new entry to Canada's Food Guide, *Free Sugar*, and coming soon *The Salty Dog* offers an analysis of the different types of salt. <https://kiwadancefitness.ca/nutrition/>

See you soon,

Sherri

LAUGH . SING . DANCE . SWEAT .

Kiwa dance fitness

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