

Come and dance with HS!

**Family & Friends
are welcome!**



**DONATIONS APPRECIATED
BUT NOT REQUIRED**

**Donations Going to:
Taking Care of Your
Diabetes (TCOYD.org)**

*We will be
providing light snacks
and water
BYODM (Bring Your Own
Dance Movement)*

**Starting July 14, 2017 6:00-8:00 pm and
every two weeks!**

**Healthy Steps, 10750 Columbia Pike, Suite 401,
Silver Spring, MD, 20901**

www.myhealthysteps.net RSVP@ info@myhealthysteps.net before July 12, 2017 and we will
send you info and updates on future dance/movement events.