

# Health, Soul, and Dance

Get healthy while having fun with a new Sistahs4Life workout class called "Soulful Line Dancing."

Sistahs4Life was founded by local residents Selena Mitchell, Kimberly Turner-Williamson and Charletta Dizer-Malone. The soulful dancing is defined as a group of people dancing in one or more lines or rows, without regard to gender of the individuals while all the participants execute the steps at the same time.

The goal is to get fit and healthy while having fun.

Developed to benefit beginners through advanced participants, each instructor attends training camps to maintain the integrity of the comprehensive program.

Sistahs4Life began offering a series of dance exercise programs weekly after a huge success for their first line dance boot camp last year at the Peninsula Park gym.

The Soulful Line Dancing workouts and classes are held three days a week at the Red Cross Building, 3131 N. Vancouver, 2nd Floor, Classroom 11. Hour sessions are scheduled on Tuesdays and Thursdays at 6:30 p.m. with a drop in fee of \$5. Saturday sessions are held from 9:30 a.m. to 11:30 a.m. with a drop in fee of \$10.

Sistahs4Life is also planning to celebrate its one year anniversary on June 14 with lots of dancing, food and fun. Tickets are \$10 each. A portion of the proceeds will be donated to help provide summer clothing for kids in need.

For more information or tickets, call Kim at 503-309-3913, Char at 503-869-5373 or Selena at 971-570-7707.



Charletta Dizer-Malone (from left), Selena Mitchell and Kimberly Turner-Williamson invite members of the community to get healthy while having fun with their workout class called 'Soulful Line Dancing.'



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