

# COME DANCE WITH HEALTHY STEPS!



Bachata

Zumba

CUMBIA

SALSA



R&B

POP

We will be providing  
light snacks and  
water

HIP-HOP

Free Event!  
Bring Family and  
Friends!

**Next Dance November 17, 2017 6:00 - 8:00 PM**

**Nicole Kabia of Core Care Physical Therapy & Wellness will demonstrate Zumba!**

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

[www.Myhealthysteps.net](http://www.Myhealthysteps.net)

Healthy Steps supports TAKING  
CONTROL OF YOUR DIABETES!

To Donate visit TCOYD.ORG



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