



Monday, October 20, 2003

MORE THAN 500 DANCERS TO FILL DOWNTOWN ON SATURDAY FOR THE TEXAS LINE DANCE JAMBOREE

More than five hundred line dancers will converge on the Alamo City October 18, for the Texas Line Dance Jamboree, presented by Methodist Healthcare. According to the American Institute for Cancer Research, individuals can reduce their risk of cancer by participating in 60 minutes of moderate exercise per day and 60 minutes of vigorous exercise one day per week. For more and more people, line dancing fits the bill. More informal than ballroom dancing, line dancing involves lines of people who do set patterns of steps to a variety of rhythms. Using recorded music, an instructor calls the steps. No special dancing skills are needed. Now rivaling ballroom dancing in worldwide popularity, line dancing provides great opportunities for socializing, even though partners aren't needed.

In San Antonio, several hundred seniors line dance each week at classes offered by the 55PLUS membership program at Methodist Healthcare. During a typical one-hour line dancing session, seniors "walk" 2.5 miles. Line dancing moves the lateral muscles, which helps to improve balance as well as posture, timing and coordination. Line dancers exercise their minds, too, as they learn the latest dance steps. Line dancers will make lively videotaped footage and photographs as they perform the "Jukebox," "Lightning Polka," and the "Reggae Rumba." Best times for coverage are from 10:30 a.m. to 12:30 p.m. and from 1:30 to 3:30 p.m. The Jamboree is at La Villita, 401 Villita Street in downtown San Antonio. Carolyn Cordaway, BSN, RN, manager of senior adult membership services for Methodist Healthcare, is available for interviews on Saturday. For news media inquiries only, phone her at 289-3994.

If you are interested in doing a story, please phone Shirley Wills at 822-2378 or 860-5289 (cell) or JoAnn King, 575-0171 or 604-3013 (pager). For media assistance during the weekend, please phone Methodist Hospital, 575-4000, and ask for the public relations representative on call.