



*You Should be Dancing...*

DANCE YOUR WAY TO A HEALTHY HEART  
WITH HACKENSACKUMC MOUNTAINSIDE,  
THE AMERICAN HEART ASSOCIATION,  
AND MEMBERS OF THE  
ARTHUR MURRAY DANCE CENTER  
AT THE MONTCLAIR ART MUSEUM.

*...for a Healthy Heart*

Did you know that dancing can:

- Improve your cardiovascular endurance
- Increase your strength and muscle tone
- Help you lose weight and reduce your stress levels
- Expand your social circle

Make it a date night, or a night out with your friends! Arthur Murray dance professionals will perform various demonstrations and will offer short lessons.

*Hors d'oeuvres and beverages will be served.*



**Sunday, February 24**

**5:00 - 8:00 p.m.**

Montclair Art Museum

3 South Mountain Avenue, Montclair

**\$10 admission fee.**

*100% of the proceeds will be donated to  
The American Heart Association.*

RSVP by calling 1-888-973-4MSH or

by visiting [www.mountainsidehosp.com/hearthealthmonth](http://www.mountainsidehosp.com/hearthealthmonth)