

News Release

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Will you Dance with me?

Hundreds of Latrobe City residents converged on Kernot Hall on Sunday afternoon for the *Dance with me* community celebration. The fun family event culminated in a huge community dance, with a record number of more than 250 people getting active and having a laugh together.

The Latrobe City Council's *Dance with me* project is part of VicHealth's MOTION program, which aims to get more people physically active and involved in their local community through art.

Latrobe City mayor, Councillor Ed Vermeulen explained that there has been something very special and unique happening across the Latrobe City over the past few months.

"Almost 2000 people ranging in age from 2 to 88, have been getting together to do a little dance, be a bit silly, connect with old friends, meet some new people and share lots of laughs.

"There has been dancing in club rooms and board rooms, parks and gardens, schools and kindergartens, basketball stadiums, hotels, senior citizens clubs, businesses and shopping centres and out on the streets.

"In October last year, Dr Katrina Rank from Ausdance choreographed a unique dance for the valley. Katrina worked in collaboration with local and well respected percussionist Steve Shultz who developed our very own dance music. Dan Clancey is the Artistic Director bringing live performance, film and community arts together. The dance routine is short, easy and accessible to all ages and all abilities.

"Dance ambassadors travelled across the valley and invited people to dance. All that physical action was captured on camera and has now been developed into a film by Dan, showing the Latrobe City community, at our best!," Cr Vermeulen said.

VicHealth CEO Jerril Rechter explained that VicHealth is supporting the project because getting active and engaged in arts activities can improve people's physical and mental health and wellbeing.

“VicHealth is really excited to support *Dance with me* as it provides a chance for people to feel part of the local community, be active, have fun and feel great all at the same time.

“The reaction to the *Dance with me* project has been fantastic. The Latrobe Valley community has embraced it with so many different people and community groups learning the dance and enjoying a new way of being physically active,” Ms Rechter said.

“I would like to think that at some time in the future you might consider taking a moment, in the backyard, in the kitchen, in a park or on the street and ask someone ‘will you *Dance with me?*’,” concluded Cr Vermeulen.

To view the official *Dance with me* film and the entire collection of individual and group recordings, visit www.facebook.com/dancewithmeproject