



# DANCE YOUR HEALTH OUT

February 27, 2010

Bring your friends and family to dance, learn simple ways to stay healthy, enjoy music, and participate in health screenings.

*Spirit of*  
**Women**

**Day of Dance**<sup>®</sup>  
FOR HEALTH

 **POCONO  
HEALTH SYSTEM**



206 East Brown Street  
East Stroudsburg, PA 18301

ADDRESS SERVICE REQUESTED

Nonprofit Org.  
U.S. Postage  
PAID  
East Stroudsburg, PA  
Permit No. 208

**Date:** February 27, 2010

**Time:** 10:00 a.m. - 4:00 p.m.

**Location:** Sherman Theater  
524 Main Street Stroudsburg, PA 18360  
[www.shermantheater.com](http://www.shermantheater.com)

**Admission Fee:** FREE

**Web:** [www.dayofdance.org](http://www.dayofdance.org)

**More Information:** Please call Lourdes O'Kane at (570) 420-5346



Day of Dance® for Health is powered by Spirit of Women®, a national network of hospitals and healthcare providers across the United States that ascribe to the highest standards of excellence in women's health, education, and community outreach.



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