



## The NEOMED Public Health Interest Group sponsors A West Coast Swing Bootcamp...with Corey Flowers!

Learn to dance with Corey Flowers, a national instructor and an advanced level competitor in west coast swing and hustle! Corey travels all over the U.S. to teach, compete, and share these modern lead/follow dance styles. About 100 people learn west coast swing from Corey every Thursday night in Medina!

- Who:** Anyone who wants to look cool and dance to music you love to hear! You do not need to have a partner, and no experience is needed!
- What:** West coast swing boot camp—you will learn enough to look good on the dance floor!
- Where:** NEOMED Sequoia Wellness gymnasium
- Wear:** Comfortable clothes. No black hard-soled shoes. If you do not have suede-bottom dance shoes or *really* smooth-bottomed tennis shoes, bring a pair of socks!
- When:** Sunday, November 19, 12 noon-5 p.m. Schedule: 12 noon—first class, 1 p.m.—second class, 2 p.m.—pizza break, 3 p.m.—third class, 4 p.m. practice dance with Corey
- How:** Call Sequoia Wellness at 330.578-9030 to register. Registered admission (includes all three classes, practice dance, and pizza): students \$15, Sequoia member \$25, Non-Sequoia member \$30. At the door, add \$5.

For more information on Corey, check out these websites:

- Website <https://www.coreydances.com/>
- Facebook <https://www.facebook.com/CoreyDances>
- Competition videos <https://youtu.be/oGT09WuXpUg> and <https://youtu.be/7cwO8ysKAec>



*In partnership with the Northeast Ohio Medical University Public Health Interest Group*