FOR IMMEDIATE RELEASE

San Antonio Regional Hospital Invites Community to Experience the Power to Boogie at National Day of Dance® for Your Health Event

JANUARY 18, 2016 – UPLAND, CA – San Antonio Regional Hospital welcomes families to National Day of Dance for Your Health event, the Biggest Dance Party for Better Overall Health, on February 13, 2016 at Victoria Gardens Cultural Center – Imagination Courtyard. The event will take place from 10 am to 3 pm. Residents from throughout the Inland Empire are expected to attend Day of Dance, which is part of San Antonio Regional Hospital’s ongoing initiatives to help create healthier communities.

“Your heart is the most powerful muscle in your body, and what better way to keep it healthy than dancing? It doesn’t require any special equipment, and anyone can do it! We invite you to join us and participate in the day of activities with other families in our community, showing that health and wellness can be fun,” said James R. Scheu, Community Health Specialist for San Antonio.

Heart disease, which causes heart attacks, is the leading cause of death for Americans. The Power to Boogie will feature health screenings, heart disease education and other important health topics as well as plenty of dancing. Day of Dance is a fun, unique program to teach families about overall health. “By attending The Power to Boogie, you will learn and understand your personal risk factors to prevent heart disease and stroke, all while practicing the latest dance moves and spending time with family and friends,” said Lynn Hill, Administrative Director, Cardiac Services, San Antonio Regional Hospital.

Dancing can help reduce stress, improves your balance and posture, and keeps our mind and body healthy as we age. It can decrease your blood pressure, manage your cholesterol, help with weight maintenance and weight loss, and even improve your memory skills. People of all ages, shapes, and sizes receive a wide range of physical and mental benefits by dancing on a regular basis.
The *Power to Boogie*, the theme of this year’s event, is presented by San Antonio Regional Hospital and the Spirit of Women Hospital Network. The event is held by Spirit hospitals in 60+ communities and attended by more than 70,000 people across the US.

**About San Antonio Regional Hospital**
San Antonio Regional Hospital in Upland, California is a 271-bed, nonprofit, acute care hospital that combines excellent clinical care with exceptional compassion. The award-winning hospital offers a comprehensive range of general medical and surgical services, along with the latest technological advances in cardiac care, cancer care, orthopedics, neurosciences, women’s health, maternity and neonatal care, and emergency services. Since 1907, San Antonio Regional Hospital has emerged as a premier regional medical facility with satellite locations across the rapidly expanding Inland Empire. The hospital is nearing completion of a major expansion project that will add a new 52-bed emergency department and a 92-bed patient tower comprised of 80 private rooms and 12 critical care beds on its main hospital campus. The expansion positions San Antonio as a hospital of the future, offering state-of-the-art healthcare services in a healing environment that is focused on the patient and family. To learn more, visit www.sarh.org.

**About Spirit of Women**
Spirit of Women is a national network of leading hospitals dedicated to improving women’s lives with innovative health and community programs. Spirit of Women Hospitals touch the lives of millions of women each year through the presentation of educational events, consumer membership programs, annual conferences, marketing communications and grassroots efforts to improve the health and well-being of women everywhere. Spirit of Women enables participating hospitals to focus on community needs while providing the strength of national support. Visit spiritofwomen.org.

Visit dayofdance.com to learn simple ways to stay healthy and to find an event near you.

©2016 *Spirit Health Group. All rights reserved.*

# # #