



DOSE OF DANCE

(Brought to you by the El Dorado ACEs Collaborative Community Sector Work Group)

WHO: All are welcome!

WHAT: FREE, early morning dance event to “set the tone” for your month.
Water and snacks available to purchase or bring your own.

WHEN: 6-8AM on the following dates-
1/7, 2/4, 3/4, 4/8, 5/6, 7/1, 8/5, 9/9, 10/7, 11/4, 12/2

WHERE: EDC Fairgrounds Organ Room (enter through iron gates on Placerville Drive,
Organ room left of the Forni Building)

WHY: Increase happiness and well-being!

HOW: Dopamine, a neurotransmitter in the brain, helps control the brain’s reward and pleasure centers. It motivates you to take action toward your goals and gives you a surge of reinforcing pleasure when you accomplish those goals. When you set your alarm and wake before the sun comes up, that alone can result in a sense of accomplishment. While many people are sleeping, you’re up, dancing, and starting your month off with a community of like-minded folks... in a super fun way!

Oxytocin, aka “the cuddle hormone” increases with physical touch. When you show up, one of the members of our hugging committee is there to possibly greet you with a genuine hug. As you dance with and around others, contact and moving together = more happy chemicals!

Serotonin, a brain chemical crucial to mood and motivation, can shape your personality to make you more susceptible to spiritual experiences. Serotonin also flows when you feel part of community. Plus, the songs we play are upbeat, joyful, and positive!

Endorphins, morphine-like chemicals released from the pituitary gland, help diminish pain and trigger positive feelings. Endorphins are released with strenuous exercise. You can choose to dance for two hours straight. That’s a lot of calories burned to top it off!