



For Immediate Release

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**Delawareans Get Into the Groove at Christiana Care for
“Dance Your Heart Out”**

(Newark, Del. – March 24) About 200 Delawareans of all ages took fun steps toward good health today at Christiana Care Health System’s globally inspired Dance Your Heart Out community event at Christiana Hospital.

WDAS-FM radio personality Patty Jackson hosted this special midday dance party and shared the inspiration she gained as a stroke survivor. With the theme “dancing around the world,” leading Delaware dancers performed and got the crowd moving with African dance, country line dancing, salsa and bachata.

Attendees took part in free health screenings and took home valuable information about how fun, everyday activities like dancing can give them a beat to good health.

Photos and video of the event are [available to media here](#) courtesy of Christiana Care Health System.

For more information about Christiana Care, visit www.christianacare.org/howeare.

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