

**WOMEN ORGANIZED AROUND WELLNESS PRESENTS
A DAY FOR US: DANCING THE WEIGHT OFF! PART 2
AT THE OSSINING PUBLIC LIBRARY**

Open Door Family Medical Centers and Women Organized Around Wellness (WOW) invite women of all backgrounds to return to the dance floor at *A Day for Us: Dancing the Weight off! Part 2* on Friday, March 25 from 6-9pm at the Ossining Public Library. WOW welcomes fitness gurus Donna Thomas and Trish Van Buren, who will present information about the benefits of dancing for wellness and demonstrate calorie-roasting moves. The event is free and advance registration is suggested. To RSVP, contact Sheena Daffin at (914) 502-1380 or email sdaffin@ood.org. The Ossining Public Library is located at 53 Croton Avenue in Ossining.

Donna Thomas, MS, President and CEO of White Plains-based Smart Fit, Inc., will discuss the health benefits of dance as exercise. Women will enjoy a complimentary dinner and learn the fundamentals of Zumba. Trish Van Buren, a master trainer and choreographer will also speak and lead a demonstration of her original dance workout, HipHotic®.

Donna Thomas has over twenty years of experience as a Certified Group Exercise Instructor and Personal Fitness Trainer; she is also a Certified Sports Nutrition Counselor, Weight Management Consultant and Fitness Facility Director. She has lectured to a wide variety of audiences including The American Heart Association, The American Cancer Society, and at professional retreats and numerous faith-based organizations. SmartFit, Inc, offers prevention-focused fitness and health education services for children, adult men and women, the developmentally disabled and stroke survivors.

Trish Van Buren created the HipHotic® Revolutionary Workout System and has inspired women throughout the tri-state area as a personal trainer and group fitness instructor since 2003. The HipHotic method draws from Ms. Van Buren's background as a "natural dancer," who grew up dancing recreationally with friends after school. After pushing herself to overcome obesity by dancing for hours a night in her basement, she developed the HipHotic system to share her love of movement with others looking for a fresh approach to reaching their fitness goals.

About Women Organized Around Wellness

The health disparities involving the African American female population throughout Westchester County manifest in many ways; greater death rates, higher incidences of chronic illnesses, shorter life expectancies, poorer quality of care, less likelihood of seeking medical care, lack of role model support and less income to pay for care. The goal of WOW is to improve some of these disparities by providing health education and outreach, increased access to treatment and screenings, culturally sensitive and competent health care interventions and an overall increase in the dialogue about health care for women of color.

About Open Door Family Medical Centers

Open Door has received the highest Recognition as a Patient-Centered Medical Home™ (PPC-PCMH™) from the National Committee for Quality Assurance (NCQA). This ranking distinguishes them from medical practices across the nation as less than 12% are presently eligible to achieve this advanced standing. For 39 years, the federally qualified community health center serves a multi-cultural community and has provided top quality medical, dental care and social services to the Westchester community, particularly the economically disadvantaged. Open Door has four centers in Westchester

located in Ossining, Port Chester, Mt. Kisco and Sleepy Hollow. In addition, Open Door operates five school-based health centers in Port Chester at The Edison Elementary School, Park Avenue School, Kennedy Magnet School, Port Chester Middle School and Port Chester High School. In 2009, approximately 43,505 patients were treated at Open Door, making nearly 170,061 patient visits. Over 13,842 children were treated during that same year. Funding for Open Door Family Medical Centers comes from local, state and federal grants as well as private foundations and individuals.



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