

## Abby is 12 years old.

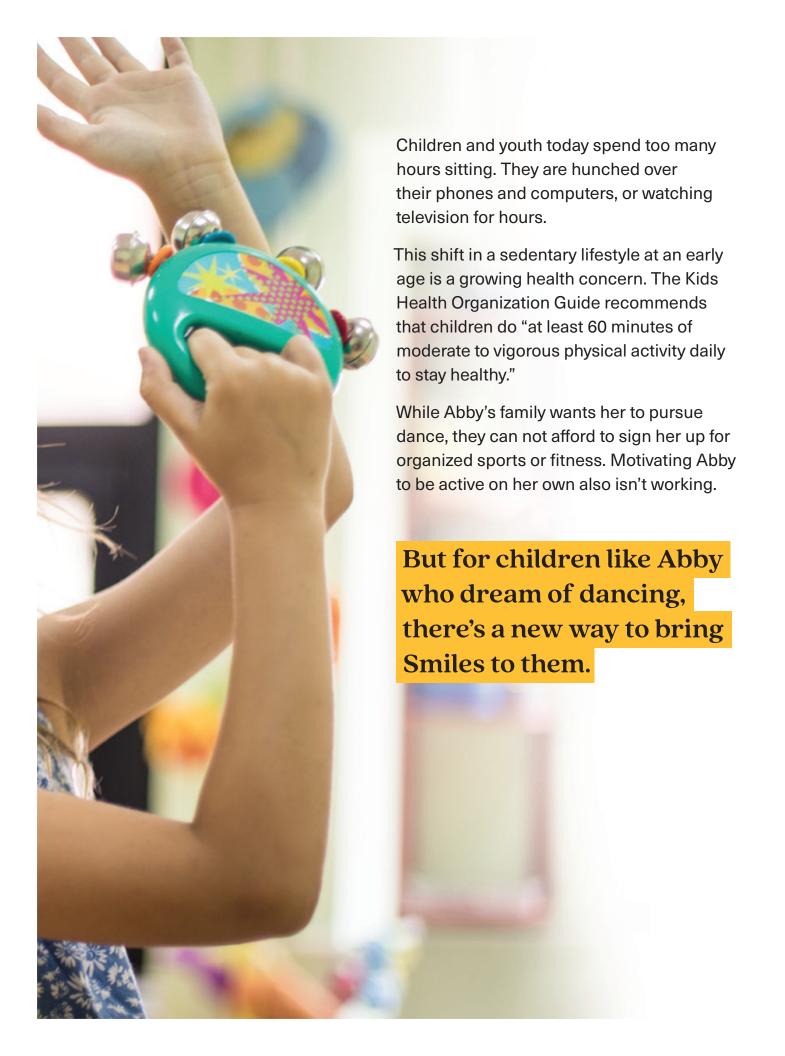
She has a ton of energy and loves music. She's always wanted to learn how to dance, but professional dance lessons are too expensive for her family. It makes her sad to hear about some of her friends going to dance classes every week.

But now she is smiling... and dancing because "Smiles in Action" has come to her school.

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## Let's keep children moving

"Smiles in Action" offers several ways to integrate dance in schools. These easy-to-implement classes get children moving and interacting through music, exercise and dance. The benefits include physical and emotional well-being, as well as good posture, improved dexterity and motor skills.

Several research studies show that dance sport programs, like the ones we offer through "Smiles in Action", bring out child creativity and joy through a fun activity that gets them moving.

It starts with music and our brilliant dance instructors. It ends with Smiles.

# Tailoring dance programs for kids

Each program or class is specially tailored for all children, regardless of their physical or mental ability. Our dance instructors understand the needs of each child and adapt the class accordingly.

This approach means all children
participating have fun and reap the
benefits of movement. Music brings out
the creativity in children, allowing them to
be free and enjoy being themselves while
having fun with other kids. The classes
spark joy and lead to new friendships.

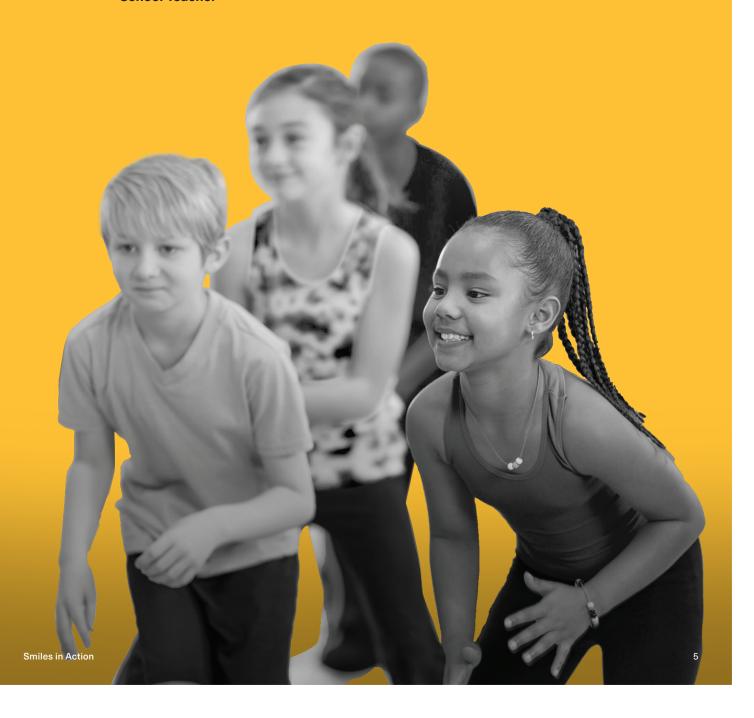


Smiles in Action



The kids have so much fun. It is wonderful to see them not be afraid to express themselves through music and dance.
And they have been making new friends.

**School Teacher** 



## What we offer

### **Dance Sport**

This is our first and most dance-oriented program that is specially designed to be safe, inclusive, age and ability appropriate. Participants will learn Ballroom and Latin moves that are featured on popular shows like Dancing With the Stars and World of Dance.

Child participants will become more active and socially engaged. They will develop a love for music and movement while learning the Cha-cha-cha, Salsa, Tango, Waltz, Bachata and many other fun dances. The class will progress at an upbeat pace.



#### **FitKit**

This fitness-focused program contributes to overall health. It is a high-quality fitness kit that brings the body to a peak state of sweat and burn. Kids will feel empowered and highly agile after doing these energy-filled moves.

This program is designed to focus on compound exercises that develop lean muscle mass and respiratory endurance while targeting the upper body, core, lower body and flexibility (a quality typically overlooked). By the end of the program, participants will gain upper body strength, enjoy increased mobility and coordination between all their extremities, and will benefit from sustainable energy throughout the day.

Smiles in Action



Physical activity is essential to maintain our body and mind in an optimal shape. For me, dancing is your emotions in motion. All of us at "Smiles in Action" volunteer our time because we are passionate about making movement to music through our dance and fitness programs accessible to everyone.



**Elina Katsman**Smiles Foundation
President & Founder

## How you will help others

"Smiles in Action" exists to make dance inclusive.

When you partner with us, you are helping eliminate barriers. This means that people from all walks of life—regardless of age, gender, socio-economic status, mental or physical abilities—can enjoy the benefits of movement and music.

"Smiles in Action" is a program of Smiles Foundation, a registered charitable organization. All fees and donations collected are used to better the lives of the communities it serves.



## Meet the "Smiles in Action" team



Elina Katsman

Smiles Foundation
President & Founder
Health Promotion Specialist &
Retired Dance Athlete
30+ years' experience



Sarah-Maude Thibaudeau

"Smiles in Action" Creative Director Certified Dance Sport Instructor & Retired Dance Athlete 15+ years' experience



Maria Shalvarova

"Smiles in Action"
Director of Operations
Dance Specialist &
Retired Athlete
15+ years' experience



**Catherine Wong** 

Smiles Foundation
Director of Special Projects
Project Management &
Amateur Dance Athlete
20+ years' experience



Deborah Somarriba

Smiles Foundation
Administrative Director
Healthcare & Dentistry
Management Professional
10 years' experience



## **How it works**

The "Smiles in Action" Program is delivered in person and virtually. When you partner with "Smiles in Action," you will receive:

- Classes ranging from 30 to 60 minutes—modified if there are diverse cultural and physical needs or preference;
- A choice between Dance Sport and FitKit programs or a combination of both;
- Content that is specially tailored to the participants' needs and abilities;
- Optional mindfulness practice that involves specific movements, self-love and breathing exercises for mental wellness and improvement of overall mood; and
- When applicable, a tax receipt for the charitable portion of the payment will be issued.

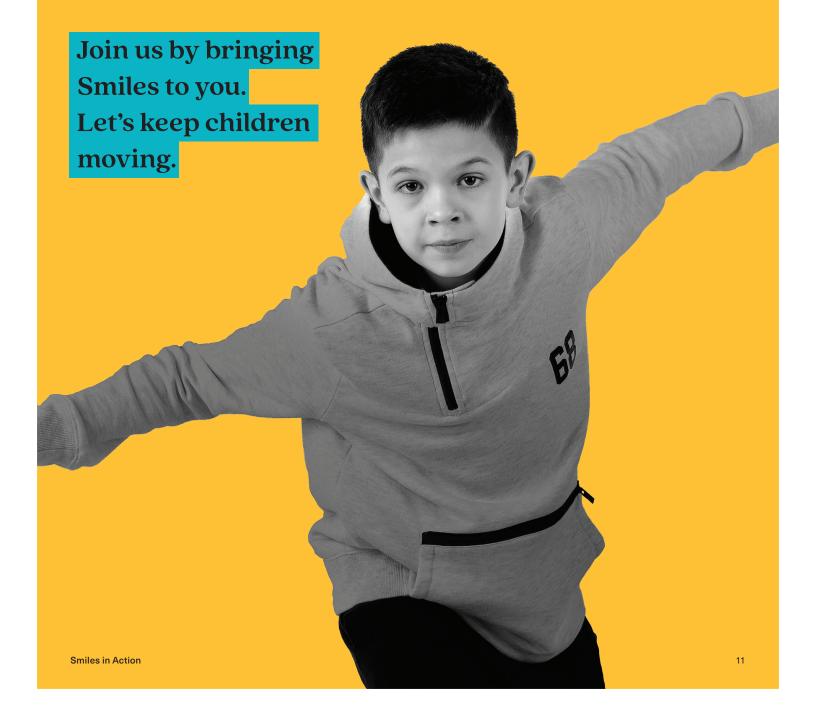
Thank you for considering
partnering with "Smiles in Action"
to bring greater wellness to
your community. Let's promote
lasting change by improving
physical and emotional wellbeing through music, movement
and dance together.

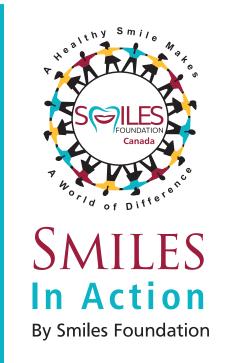
## Be our dance partner

"Smiles in Action" shares your values in our desire to use our expertise and skills to improve the physical and mental health of children.

We've been helping others for more than 30 years through our charitable programs focused on enriching lives. By choosing "Smiles in Action"

as your wellness program, you are partnering with an organization that is committed to providing an essential service to the most vulnerable in our society, including seniors, adults, children and underprivileged communities.





To learn how we can partner on improving the physical and emotional well-being of children, please contact:

inquiry@smilesinaction.org

## smilesinaction.org

"Smiles in Action" is an active living program by Smiles Foundation under smilesinaction.org

Canadian Registered Charitable Organization Registration #: 86854 4362 RR0001