



Keep Your Team Inspired

See how music and dance can make
a difference in your workplace



SMILES
In Action
By Smiles Foundation

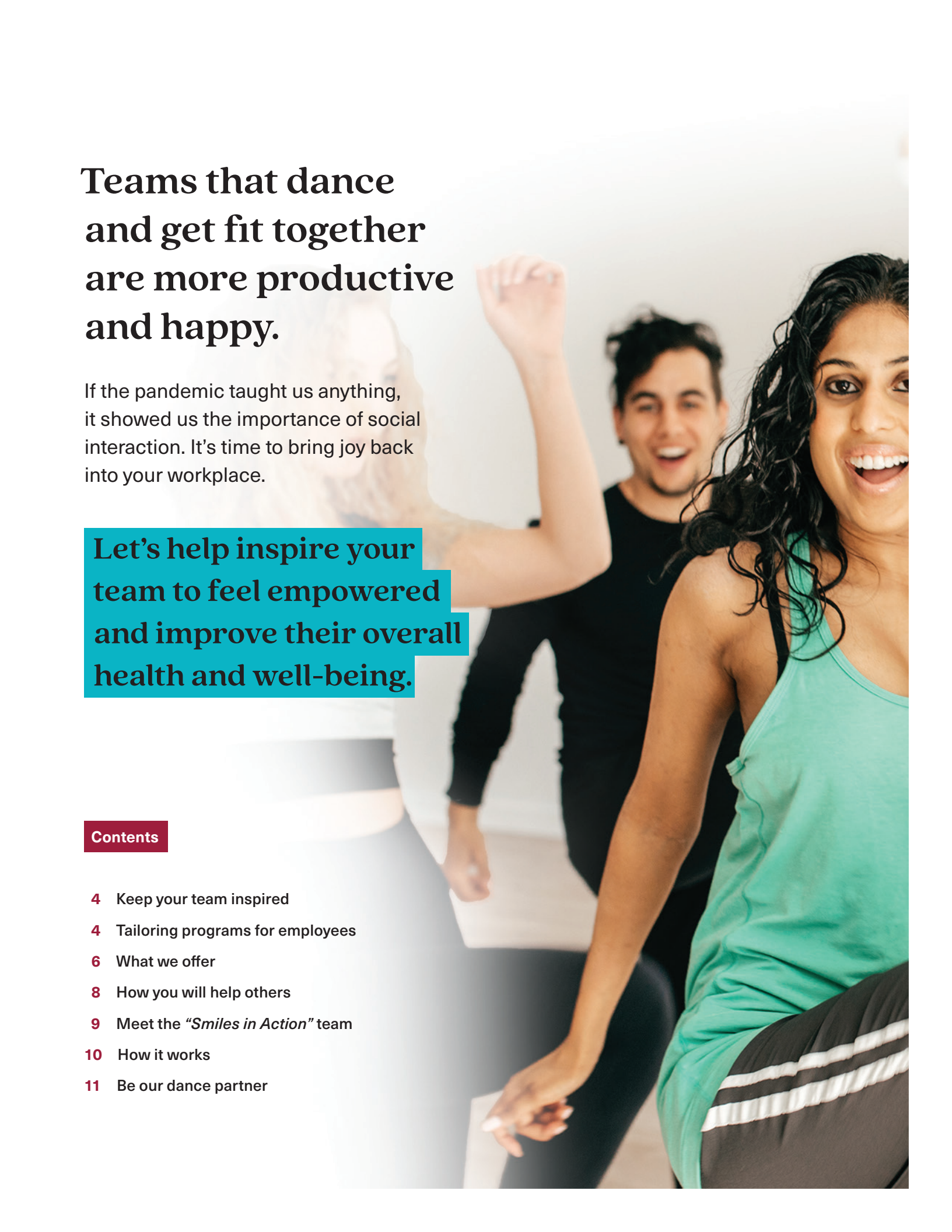
Teams that dance and get fit together are more productive and happy.

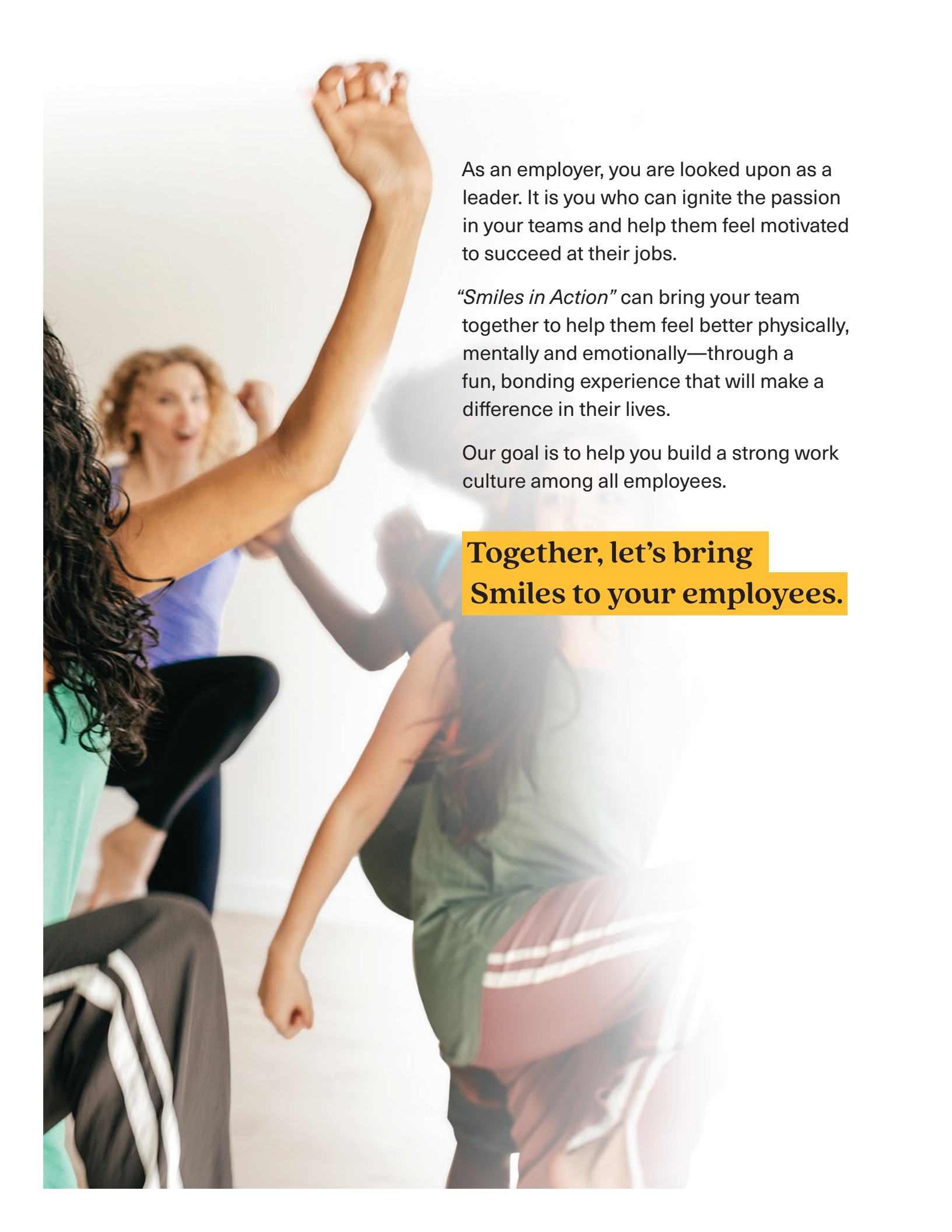
If the pandemic taught us anything, it showed us the importance of social interaction. It's time to bring joy back into your workplace.

Let's help inspire your team to feel empowered and improve their overall health and well-being.

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As an employer, you are looked upon as a leader. It is you who can ignite the passion in your teams and help them feel motivated to succeed at their jobs.

“Smiles in Action” can bring your team together to help them feel better physically, mentally and emotionally—through a fun, bonding experience that will make a difference in their lives.

Our goal is to help you build a strong work culture among all employees.

**Together, let's bring
Smiles to your employees.**

Keep your team inspired

Music and dance are powerful in inspiring movement with lasting benefits, resulting in better physical and mental health, joyful moods and lasting friendships.

It starts with music and dance. It ends with Smiles amongst your team and higher productivity.

Tailoring programs for employees

“*Smiles in Action*” offers two programs that are specially tailored for groups of people, regardless of their ability. Our dance instructors understand the needs of each individual and adapt the class accordingly.

This approach means everyone participating has fun and reaps the benefits of movement. Music brings joy and laughter, sparking conversations that unite teams together.

“Smiles in Action” can also incorporate social exercises into the class and include an anxiety-reduction component, such as meditation and mindfulness techniques that are essential for everyone.



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All of us were so very impressed with our fabulous Smiles Dance Instructor, who created a warm and enjoyable experience.

Participant



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*.

Participants will become more active and socially engaged. Individuals 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, from a seated or standing position, incorporating music from the early 1920s to the modern 2020s.



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. Your participants 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.



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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 well-being 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 your employees.

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.

Join us by bringing Smiles into the workplace and keep your team inspired.





SMILES In Action

By Smiles Foundation

To learn how we can partner on improving the physical and emotional well-being of your employees, 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