



“When you get the choice to sit or dance ...

we hope you dance”

Ministry In Motion 45



*A Dance Workshop Ministry
Promoting Health of Mind
Body & Spirit*

- **Ministry in Motion 45** ... joins Urban Ballroom Dance together with Spiritual Music. Enjoy making friends with your newfound dance skills – plus, feeling your spirit lifted by popular Gospel Music Artists. MIM45 Workshop Members experience better stamina, improved flexibility, reduced stress, even lowered blood pressure. The New England Journal Of Medicine reports that “Frequent dancing uniquely stimulates the brain. Helping ward off dementia, including Alzheimer’s Disease. Keeping the mind and body fit for a lifetime.”

- **Urban Ballroom Dance** ... is classic Ballroom with its edges dipped in wildly creative, soulful dance statements from all eras. Think “Fred & Ginger meet Motown.” Classy dress and slick moves like the “Maxi Dip” bring crowds to their feet. The moves are EASY TO LEARN! The FUN and HEALTH BENEFITS are EVERLASTING.

- **3-Hour Workshops** ... Singles and Couples both welcome! Wear comfortable clothing. A small towel and bottled water are suggested. Be ready for an easy warm-up to music, then prepare to get your HEALTHY GROOVE on!

Discount Individual, Group & Series Rates Available

MIM45 Travels To You ... with a portable professional sound system. All that’s needed is AC and floor space for participants. Leather soles are recommended and comfortable heels.



■ PLEASE CALL WITH ANY QUESTIONS
OR ...
TO SCHEDULE A WORKSHOP FOR YOUR GROUP
(323) 895-2172 • (323) 294-0124
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w UrbanBallroomFit2Dance.com





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Instructors

■ **Ujazi (ooh-JAH-zee) Calomeé**

Ujazi is a Dance Educator/Choreographer who taught at LAUSD for 24 years. She served as Dance Director at Hamilton High Music Academy for 7 years, and at 32nd/USC Performing Arts Magnet School for 17 years. Ujazi has performed with several local dance companies. After retiring, she became interested in the health benefits of dance. Ujazi now combines her lifelong passion for dance, fitness, music and nutrition to help others obtain a fun and healthier lifestyle.



Victor Brown

Victor studied under Detroit Ballroom legend, Kevin “The Flash” Collins. Victor has taught Urban Ballroom Dance to celebrities, private companies and individuals across the country. In addition, he has operated several Urban Ballroom Dance workshops throughout Los Angeles from beginner levels to advanced. Victor's passion is helping others discover the wonderful health benefits of this social outlet, and to help advance its growth on the West coast. Victor is a member of the renowned West Coast Urban Ballroom Gents.



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