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**Amida Care Presents Community Dance Event in the Bronx
with Support from NYC Council Member Ritchie Torres**

Amida Care hosts Afro-Brazilian dance workshop to inspire fitness and healthy living in the Bronx

New York, NY (October 17, 2016)—On October 15, with support from **Bronx Council Member Ritchie Torres**, not-for profit New York community health plan Amida Care presented “Dance to the Rhythm,” a free community “Live Your Life” wellness event at Webster Police Athletic League in the Bronx.

With the goal of inspiring fitness and healthy living in the Bronx, this event featured a lively international dance class for all ages. During the interactive workshop, participants learned various forms of African and Brazilian dance and music.

“Amida Care is a wonderful organization that reaches out to those most in need. We have a lot of health issues in the Bronx, and I want to thank Amida Care for the work they do. I’m proud to sponsor this event,” said Council Member Torres (District 15), who provided funds for the event.

“Amida Care’s ‘Live Your Life’ program grew out of direct member feedback that health care needs to be about more than visiting the doctor and taking pills. These events are designed to meet the social, physical, and emotional needs of our members and build important life skills. We thank Council Member Torres for his support in bringing this interactive and healthy initiative to the Bronx community,” said Doug Wirth, President and CEO of Amida Care.

Amida Care holds monthly “Live Your Life” wellness events throughout the five boroughs of New York City, where members and their guests learn about ways to get and stay healthy physically, mentally, and spiritually. In addition to fitness classes, the events cover such topics as art therapy, healthy cooking, meditation, aromatherapy, and more.

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