



Contact:

Shakira Croce, Communications Manager
646-757-7052; scroce@amidacareny.org

**With Support From NYC Council Member Ritchie Torres, Amida Care
Presents Bronx Latin Dance Class for Fitness and Healthy Living**

New York, NY (January 28, 2016)—On January 27, with support from **Bronx Council Member Ritchie Torres**, Amida Care presented “Movimiento con Ritmo/ Movement with Rhythm,” a free community “Live Your Life” wellness event for Bronx residents that featured Latin dance to inspire fitness and healthy living. The interactive dance workshop was led by the Latin dance group Lorenz Dancers at the Grand Slam Banquet Hall in the Bronx. The class helped to teach community members creative ways to improve their health and have fun in the process.

"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 life skills. We thank Council Member Torres for his support in bringing this program to the Bronx community," said **Doug Wirth**, President and CEO of Amida Care.

"I'm proud to support Amida Care's innovative fitness and wellness programs that encourage Bronxites to live healthier lives. We must use all tools available to improve health outcomes in the borough," said Council Member **Ritchie Torres**, who provided funding for the event.

This event is part of Amida Care's monthly Live Your Life wellness program of free events held throughout the five boroughs of New York City, where Amida Care members and their guests learn about ways to get and stay healthy physically, mentally, and spiritually. In addition to Latin dance classes for fun and fitness, the events cover such topics as healthy cooking, art therapy, yoga, meditation, African dance, aromatherapy, and more.

###

Amida Care Inc. is a not-for-profit health plan that specializes in providing comprehensive health coverage and coordinated care to New Yorkers with chronic conditions, including HIV and behavioral health disorders. Through our wide network of top health care providers in the five boroughs of New York City, we serve Medicaid recipients who are living with HIV/AIDS or who are homeless (regardless of HIV status), as well as Medicare recipients with HIV/AIDS and/or chronic conditions. For more information, visit www.amidacareny.org.