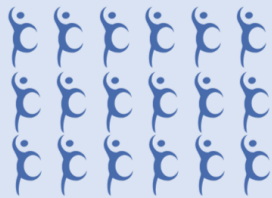


**Bringing the joy of dance  
to the community**

At ComMotion – Community In Motion, we believe that everyone should get a chance to experience the many benefits of dance and movement, regardless of their age, ability, or circumstances. Dance improves strength, flexibility, balance, posture & coordination while also reducing pain, depression, anxiety, and stress. We provide dance and movement classes across the community, for people of all ages and abilities.

## Our 2019 impact:

**7,650**  
**Students**



**Ages**  
**<1 to 95+**

**90**  
**Locations**



**Cancer Survivors**

"So wonderful. Great fun and  
**WORKS my BRAIN."**

"I'm not one that likes to be around  
a lot of people but the dancing took  
my mind away from that. I can't  
thank you enough for bringing a  
smile back to my heart."



**Veterans**



**Kids**

"There is so much that I can say about the  
ComMotion program. They will be  
empowered to know how to do something  
new, and that will give them confidence  
to be who they want to be."

"Dancing makes you healthy!"



**Seniors**

### Class and Venue Sponsors

#### Gold Sponsors

**Anonymous**  
**Caskey Bright Family Fund**  
**Rotary Club of Tryon**  
**Foundation**  
**Stage Door Dance Productions**  
**Tryon Kiwanis Club**

**American Cancer Society**  
**Blaze Sports**  
**Brentwood Boys and Girls Club**  
**Cathedral School**  
**Eastern Band of the Cherokee Indian**  
**Edenton Street United Methodist Church**  
**NC State University**  
**Parsec Financial**  
**Plantation Estates**  
**Polk County Community Foundation**  
**Polk County Schools**  
**Rex Rehab**  
**Ruth Sheets Adult Day Care**

**Rutherford County Senior Center**  
**St Luke's Hospital**  
**Total Life Center**  
**Tryon Estates**  
**United Arts Council of Raleigh and Wake County**  
**UNC Lineberger Comprehensive Cancer Center**  
**Wake County Human Services**  
**Wake County Schools**  
**Wake Enterprises**  
**Waltonwood Lake Boone Trail**  
**Waverly Hematology Oncology**  
**White Oak Manor**  
**Wounded Warrior Project**