

Health Benefits of Dance Assignment

This reading and response assignment is designed to enhance your understanding of the benefits that ballroom dance can contribute to lifelong health and wellness.

Read the online article by Stanford University professor Richard Powers. Summarize the author's key points and then write a reflection about how it relates to your own life. For example: What role does dance play in your own life? How does it contribute to your well-being (be it physically, emotionally, mentally and/or psychologically)? What role do you see dance playing in your own life in the future?

<http://socialdance.stanford.edu/syllabi/smarter.htm>

Please upload your response here. If uploading a file, please be sure the file's name starts with your name.