

## Canada's National Ballet School Hosts Third Annual Sharing Dance Day in Toronto

TORONTO, ON (May 24, 2016) – Canada's National Ballet School (NBS) is hosting its third annual Sharing Dance Day on Friday, June 3 from 4:00 p.m. to 6:00 p.m. at Yonge-Dundas Square. This FREE public event encourages Canadians of all ages and abilities to connect physically, emotionally, spiritually and culturally through dance, thus promoting better health through movement.

The event, to be MC'd by YTV's Mark "Suki" Suknanan, will bring together dancers, students and families in a dance celebration, featuring performances by Canada's most talented artists including: Juno-Award winner, Jully Black, KasheDance and Gadfly. FREE ballet, street dance and Afro-Caribbean dance classes will also be offered, along with other family-centred activities.

Sharing Dance Day will include the presentation of the 2016 Sharing Dance routine – an Afro-Caribbean inspired dance choreographed by Kevin Ormsby, KasheDance Artistic Director, and set to Jully Black's "Sweat of Your Brow." The routine will be performed by the Sharing Dance Convergence Crew, made up of community members and students from local Toronto public schools. A modified version of the routine will be performed by NBS' *Dancing with Parkinson's* group, participating in their third Sharing Dance Day event this year.

"NBS is committed to making dance accessible to all those living in Canada through the Sharing Dance program," says Mavis Staines, NBS Artistic Director and CEO. "By providing community engagement activities, such as Sharing Dance Day, NBS is able to demonstrate dance's relevance, thereby fostering a greater appreciation of the emotional, physical and cultural benefits that arise from participation in dance. We're thrilled to host our third Sharing Dance Day and are grateful for the support of our partners, supporters and participants – all of whom encourage others, by example, to dance."

NBS launched Sharing Dance in 2010 as a community engagement and educational platform connecting the broader community, making dance more accessible, and promoting the benefits of dance to one's physical, mental and emotional well-being. Since its launch, the program has continued to grow and now, thanks to a myriad of national partners and supporters, is bringing dance to Canadians of all ages and skill levels. NBS' goal is to have Canadians from coast to coast to coast dancing by 2017, for Canada's 150<sup>th</sup> Birthday. Communities all across the country will be celebrating Sharing Dance Day this year as part of a mounting effort to increase awareness around dance and the role it can play in improving quality of life for all.

To learn more about Sharing Dance or Sharing Dance Day, please visit: [www.sharingdance.ca](http://www.sharingdance.ca).

### **About Canada's National Ballet School**

Established in 1959, Canada's National Ballet School is a world leader in the training of professional dancers and teachers. NBS alumni can be found as dancers, teachers, choreographers and artistic directors in over 80 dance companies and schools around the globe. NBS is at the forefront of professional ballet schools in delivering a broad range of community programs. The excellence of the Professional Ballet Program is reflected in all of NBS' programs. For more information, please visit: [www.nbs-enb.ca](http://www.nbs-enb.ca).

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