



Fun Day Sunday



Dance Party!

Do you have a song that immediately gets your foot tapping and your head bopping? Music and dancing can actually have a positive affect on your physical and mental health!

Dancing has been shown to improve heart health, build muscle strength, and improve balance and coordination. It also can strengthen the area of the brain that controls memory, and reduce overall stress and depression.

When you feel the stresses of life weighing you down, when you feel yourself struggling, take a few minutes to focus on yourself. Pop in a CD of your favorite singer, create a playlist on Spotify or turn on the radio and start moving those feet.

Here's a list of inspiring songs to get you started:

- Dancing Queen (*ABBA*)
- Dancing in the Street (*David Bowie/Mick Jagger*)
- Footloose (*Kenny Loggins*)
- Shut Up & Dance (*Walk the Moon*)
- Twist & Shout (*The Beatles*)
- Crazy Little Thing Called Love (*Queen*)
- Happy (*Pharrell Williams*)
- Uptown Funk (*Bruno Mars*)
- Celebration (*Kool & the Gang*)
- Sweet Home Alabama (*Lynyrd Skynyrd*)
- I Got a Feeling (*Black Eyed Peas*)
- Heart of Rock & Roll (*Huey Lewis & The News*)

NAMI Vermont Minute:

NAMI Vermont has a list, too. It's an Amazon Smile Charity List. This is items that you can purchase from Amazon and have shipped directly to NAMI Vermont. These items are helpful in supporting the success of our programs and services and can make great in-kind donations. And if you order the items through smile. Amazon.com, Amazon will give .5% to your charity of choice!