



---

## NEWS RELEASE

**FOR IMMEDIATE RELEASE**

March 5, 2010

**CONTACT: Estella Espinosa**

Work: (832) 395-7022

Cell: (832) 465-4782

### **HPARD Seniors Go Texan! During HPARD's Western Line Dance Social!**

Sixteen teams of line dancers will don their best western duds and dancing boots to boot scoot boogie their way to fitness and health to a packed house during HPARD's Annual Western Line Dance Social. The event is hosted by the Houston Parks and Recreation Department in partnership with the Houston Urban Line Dancing Association. This boot scoot boogie will begin at 9:00 a.m. on Tuesday, March 9, 2010, at Judson Robinson, Jr., Community Center, 2020 Hermann Drive, Houston, Texas, 77004.

All dance team members take part in regularly scheduled line dancing classes and frequent socials. In addition to the fun and camaraderie provided by the classes, line dancing is an excellent way to stay fit, maintain cardiovascular systems, and promote physical dexterity. Healthy snacks and bottled water are also part of the regimen.

The sixteen dance teams come from across the Houston area. Nine are from HPARD community centers, four from Harris County facilities, and three from area churches.

For more information on HPARD's Western Line Dance Social or on the Houston Parks and Recreation Department, call (832) 395-7022 or visit [www.houstonparks.org](http://www.houstonparks.org).