Investigational Pilot Study

FACT SHEET

“Improving the emotional, behavioral and physical function of long-term care residents through ballroom dance”

**Ballroom Dance Instruction**

The intervention is designed to create a mild exercise activity in a safe, warm and friendly environment. Laughter, music, social interaction, touch and visual stimulation are key aspects of the program. Program objectives include improving the emotional, behavioral and physical functioning of participants.

**Sessions**

Sessions will meet two mornings a week with each session lasting for 45 – 60 minutes. The sessions will be held over an eight-week period.

**Participation**

Participants can refuse a session or withdraw from the study at any time and for any reason. If any medical or behavioral symptoms occur, resident will be released from the program.

**Leaders**

The study is being performed by Texas State University and Jeffery Page Masiongale, a former professional dancer and certified ballroom dance instructor. Mr. Masiongale has been an instructor of ballroom dance since 1994.