

GWDC One-pager Text

[Banner with Headings & Logo]

Headline: Dancing for impact in the Bay Area

Subheading: Diversity and enrichment for Bay Area's Black and Brown community

[Grown Women Dance Collective](#) creates cross-cultural, intergenerational, and cross-class connections through concert dance and wellness programs by retired professional dancers. These programs encourage dialogue, empower thought and action, and build cross-racial alliances. Headed by Tonya Amos, Artistic Executive Director, we serve the local Bay Area communities in Contra Costa, Alameda, and San Francisco Counties.

Our mature dancers challenge the stereotypes of aging, by creating artistic work that is relevant, accessible and inspiring to diverse and underserved audiences. We promote mind and body healing through health and wellness programs, and create economic opportunities for young people. Our programs uplift, empower and inspire community members to impact social change.

Our offerings include:

- World-class dance concerts that teach and celebrate Black history; celebrating resistance, resilience, self-empowerment and joy. This includes our annual [Fallen Heroes. Rising Stars: A Juneteenth Celebration Through Dance](#) celebration, which reaches an online international audience of over 3,600 people.
- The Pilates & Joyful Movement Life Skills Certification, which creates audacious movement leaders in underserved communities. Upon completion, participants can bring arts, pain prevention, fall prevention, nutrition, financial literacy, and well-paying careers into their own communities.
- The [Joyful Movement Whole Life scholarship](#) is a 2-year program with National Pilates Certification that provides essential wellness and workforce development skills to more Black and Brown community members. The program includes mental health counseling, paid internships, job placement assistance, and classes in nutrition, business and financial empowerment.
- The [Community Expansion scholarship](#) (in partnership with Balanced Body) trains and mentors 100+ Black & Latinx future wellness teachers in the U.S., Mexico, Colombia, Costa Rica, Denmark, Brazil, and France.
- Free community arts & wellness classes such as Dance Based Wellness, Dance for Literacy (Black history and African American poetry), Pilates for Back and Joint Pain, and Fall Prevention for Seniors.

Our services

With powerful performances, free community classes, and ground-breaking scholarship programs, we're transforming health and wealth in our Black and Brown communities. But we need your help!

Your donations for the Grown Women Dance Collective can help us support our community facing challenges such as:

- Homelessness
- Hunger
- Limited access to healthcare
- Anxiety and fear
- Lack of technology for students to attend school online

Your contributions will also help us:

- Grow our Joyful Whole Life Movement program to provide essential wellness and workforce development skills to more Black and Brown community members.
- Expand our community performances to deepen our understanding of Black history and current struggles to support urgent actions for change.
- Grow funds and resources to pay our staff a living wage, as they support big movements in our work.
- Collaborate with health disparities researchers to gather key data to guide future funding efforts.

Testimonials

Grown Women Dance Collective is making an impact in the communities we serve:

- "Tonya! What an inspiration! I arrived from the Dominican Republic in 1969. There were no offerings for dance training, nor images of young girls whose skin was browner, hair a bit free and crazy, whose bodies were strong and fast. Finally in my later adult life I started dancing. And I am not stopping." - L. Rodriguez
- "Tonya recognizes that it's not enough to just be a great teacher. Her additional guidance in sales, marketing, and customer service gave me the know-how to keep clients coming back year after year. Without Tonya's sage advice, I probably would've given up on turning my Pilates side gig into a profession. Her generosity of spirit extends into her practice and makes for a fully supported environment to grow as an instructor and person." - Irene Hamaker
- "I love that this is something I can bring to our community to help others heal from physical and mental trauma. We can do more and prosper when we are strong both physically and mentally!" - Kristen Jones (Balanced Body Expansion Scholarship Student)

Through these challenging times, our activities at Grown Women Dance Collective have been a healing balm, and we're thankful to bring beauty and healing into the world.

Footer: CTA, URL and phone number

Sample CTAs:

- Donate now (hyperlinked to a web page)
- Learn more (hyperlinked to a web page)