

The ARTS Video Promotion Project was initiated with the goal of creating short (90-second) videos designed to help promote our great activity. The goal is to post links to the videos on all available media resources. Links to the videos have been posted on The ARTS web site (<https://www.arts-dance.org>), and have been sent to our electronic mailing list.

The goal is to encourage wide spread distribution of the information and for other dance groups and organizations to not only share the URL links, but to also post the videos on their web sites.

Here is the description of the information for the ARTS website. The info can be found under the "Promotion Videos" tab on the website.

Links to the 90-second videos produced by the ARTS -

1) First Video - https://youtu.be/hY82l4_yN3s

Dr. Douglas Lee discusses the Emotional and Psychological benefits of Square Dancing

2) Second Video - https://youtu.be/n56_omnoFZ0

Dr. Douglas Lee notes that Square Dancing helps fight insulin resistance

3) Third Video - https://youtu.be/7P_O8YG7Iak

Dr. Douglas Lee notes that Square Dancing helps strengthen muscles and helps increase balance

4) Fourth Video - <https://youtu.be/FRkuFqmTFPM>

5) Fifth Video - (In production)

Dr. Douglas Lee notes that Square Dancing helps improve the quality of life for people suffering from early dementia. Square Dancing involves physical activity and requires participants to make mental decisions, both of which help fight early dementia.

Dr. Douglas Lee and his wife are retired medical doctors affiliated with the Marshfield Hospital, and Marshfield Clinic Health System.

They have done research on square dancing including all of the studies that they cite in these videos. Much of their research was what brought them into square dancing and they continue to dance on a regular basis."

For more information about The AR\TS visit: <https://www.ARTS-Dance.org>

Other web sites which provide important information include:

1) <https://www.You2CanDance.com> - includes information about the various forms of dancing

2) <https://www.ReimagingSquareDance.com> - includes a wealth of information about the activity including where to dance

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