DANCE IS MEDICINE SECOND ANNIVERSARY

CELEBRATING THE LAUNCH OF OUR VERY FIRST GAME CLASS



COMMEMORATING SEPTEMBER 20TH, 2023

ON SEPTEMBER 20, 2023, WE LAUNCHED OUR VERY FIRST GAME CLASS — AND WHAT A JOURNEY IT HAS BEEN! TWO YEARS LATER, WE'RE CELEBRATING NOT JUST THE GROWTH OF THESE CLASSES, BUT THE BEAUTIFUL COMMUNITY THAT HAS FORMED AROUND THEM.

From the very beginning, our mission has been simple but powerful: to create a space where anyone — at any fitness level — can come together, move, sweat, and grow healthier through the joy of dance. Our instructors have poured their passion and dedication into every class, and our participants have brought incredible energy — from those who've been with us since day one, to the many who've joined along the way.

Together, we've built more than just a workout. We've built a community. And the best part? These classes remain free and open to everyone — because health, movement, and joy should be for all.

Here's to celebrating the past two years, and to many more to come!

THE HEART OF GAME











THE EXPANSION TO KENTUCKY



Our founder, Funmi, brought Dance is Medicine to Kentucky this year! In January 2025, she launched Afrobeat Dancercise at the YMCA of Central Kentucky, and the response has been amazing. The weekly class already draws around 20 enthusiastic participants who come together to move, sweat, and celebrate through dance.







THE LAUNCH OF MOVEMENT IS MEDICINE







Movement is Medicine (MiM) is a college and community outreach-focused initiative developed by Professor Olufunmilola Abraham. MiM is designed to leverage culturally salient and meaningful modes of expression and movement to improve the health and well-being of communities. MiM provides people with community and space for safe cultural expression. In September 2025, Professor Abraham launched the new monthly initiative at the University of Kentucky College of Pharmacy, "Wellness Fridays: Movement is Medicine." Every month, faculty, staff, and students gather for an hour to connect, move, and support each other's fitness, health, and wellness goals. The purpose of MiM is: creating a space for people of diverse backgrounds to gather together to improve social connections through movement-inspired sessions such as Afrobeat dance, yoga, and Zumba, utilizing peer support to improve brain, emotional, heart, physical, and mental health through movement sessions, and supporting faculty, staff, and students to promote wellness, and prioritizing wellbeing in the workplace.

PARTICIPANT SPOTLIGHT

MANDAR BHUTKAR



BACKGROUND:
From India. Postdoctoral researcher in Biochemistry at UW–Madison, studying therapeutics for Rhinovirus C. Loves learning, meeting people from different cultures, and new experiences.

FIRST GAME CLASS:
Moved to Madison, wanted to stay active (and balance ice cream!). Found GAME through the community center.

TIME ATTENDING:
About 6 months.

WHAT I ENJOY MOST:
Challenging workouts that leave me sore but help me sleep better.

HOW IT FEELS:
Physically stronger and more energized (lost 3 kg). Emotionally connected through friendships with people from many cultures.

CHANGES NOTICED:
Better stamina, more active, more positive.

WHY I KEEP COMING BACK:
The energy, the community, and the fun. Always leave feeling better.

FAVORITE MOMENT:
When the hook step comes on and I nail it with the teacher—always special.

HOW I'D DESCRIBE GAME:
A workout you'll love because you'll hate it. Pushes you hard, but rewards you with the best sleep (and guilt-free ice cream!).



A WORD FROM THE FOUNDER



“WHEN I CREATED THE GOSPEL AFROBEAT DANCE MEDICINE (GAME) PROGRAM, I WASN’T JUST BUILDING A WORKOUT—I WAS CREATING A MOVEMENT. A SPACE WHERE MUSIC MEETS MOVEMENT, AND WHERE PEOPLE OF ALL BACKGROUNDS, AGES, AND FITNESS LEVELS COULD REDISCOVER JOY THROUGH DANCE AND COMMUNITY BUILDING.

AS A LIFELONG WELLNESS ENTHUSIAST, I KNEW THERE WAS SOMETHING POWERFUL IN COMBINING RHYTHM, SWEAT, AND SELF-EXPRESSION. BUT I ALSO SAW HOW INTIMIDATING FITNESS SPACES COULD BE—TOO OFTEN FOCUSED ON PERFECTION OVER FUN AND PROGRESS. I WANTED TO CHANGE THAT. I WANTED TO BUILD A PROGRAM WHERE CONFIDENCE GREW WITH EVERY STEP, AND WHERE COMMUNITY MATTERED JUST AS MUCH AS CHOREOGRAPHY.

GAME IS MORE THAN A DANCE OR EXERCISE WORKOUT. IT’S A CELEBRATION OF YOUR BODY, YOUR ENERGY, AND YOUR STORY. WHETHER YOU’RE COMING TO GET FIT, DE-STRESS, OR JUST HAVE FUN, YOU BELONG HERE. YOU ARE PART OF OUR GAME FAMILY.

EVERY BEAT. EVERY BREATH. EVERY BREAKTHROUGH. THIS IS YOUR TIME TO MOVE—AND I’M HONORED TO HAVE YOU AS PART OF OUR GAME FAMILY.”

-OLUFUNMILOLA ABRAHAM

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