GOSPEL AFROBEAT DANCE IS MEDICINE

# GAME



3rd Anniversary

## Celebrating 3 Years of Community Engagement

# CELEBRATING GAME THROUGH THE YEARS



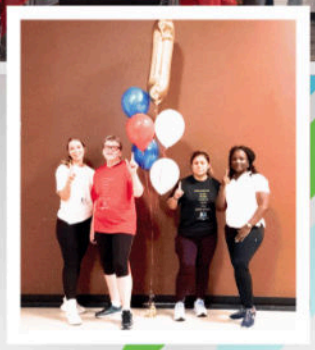
## 2023

**LAUNCH OF GAME**
**SEPTEMBER 20TH, 2023**

## 2024

**1ST ANNIVERSARY CELEBRATION**





## 2025

**2ND ANNIVERSARY CELEBRATION**





# WHAT OUR PARTICIPANTS ARE SAYING

## INDIVIDUALS REPORTED

- Improved Mood
- Increased Physical Activity
- Greater Social Connection
- Stronger Sense of Community

## THE IMPACT OF GAME

## FAMILIES REPORTED

- Children Enjoyed Movement
- Safe Social Environement
- Stronger Family Bonds

# SPECIAL MOMENTS STRONGER COMMUNITY

CREATING SPECIAL MOMENTS AND LASTING MEMORIES TOGETHER

## MOVING TOGETHER




Kentucky GAME joined the community at Moving Day in Lexington for a day of movement, connection, and fun!

## CELEBRATING MILESTONES





Latin Dance celebrated its one-year anniversary —a wonderful milestone filled with movement, music, friendship, and fun!

## COSTUMES & CARDIO

Wisconsin GAME celebrated Halloween with a fun, high-energy class filled with festive costumes!





## CULTURE IN MOTION



Latin Dance celebrated Latino Heritage Month by honoring the vibrant music, dance, and cultures of Latin America.

## HOLIDAY MOVES

Wisconsin GAME celebrated Christmas together with a festive and fun-filled class!



## ONE LAST DANCE

Wisconsin GAME celebrated Instructor Chelsea on her final day teaching with them.





## LITTLE FEET, BIG CELEBRATION



Latin Dance celebrated Children's Day, a beloved tradition observed in many Latin American countries.

## STRONG MOVES, STRONG MOMS

Wisconsin GAME celebrated Mother's Day with a fun and energizing class!



## HAPPY BIRTHDAY MARISOL!




Latin Dance celebrated Marisol's birthday together after class!

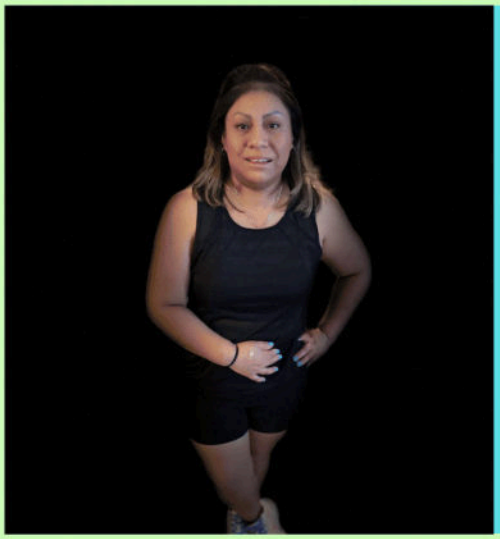
## BACK-TO-SCHOOL FUN






Kentucky GAME promoted the Moving Is Medicine program at a fun-filled Back-to-School event!

# GET TO KNOW OUR WISCONSIN INSTRUCTORS



## LILI SIMARRÓN

Lili has been with the program for almost three years! She loves motivating participants to dance, step away from their daily routines, and take some time to focus on themselves. For her, it feels rewarding to see them enjoy class after a stressful day at work or home. She especially loves having a full class because their energy motivates her even more!

## EPHRAIM DANQUAH

Ephraim has been part of GAME since the very beginning, bringing the vibrant energy of his Ghanaian roots to every class. He's always kind and smiling, creating a welcoming atmosphere where everyone can move, connect, and have fun.





## LIZETH MARIN CORREA

Lizeth recently joined GAME as an official instructor after teaching Latin Dance at Eagle Heights in Wisconsin for more than a year. She is a well-loved instructor who genuinely cares for her participants and the community they have created together.

# GET TO KNOW OUR KENTUCKY INSTRUCTORS



## ISRAEL SARPONG-ADU

Israel has been with GAME for three years, and his favorite thing about it is the positive, uplifting community it creates and the meaningful connections it fosters.

## DEBORAH ONAJIN

Deborah has been part of GAME for three years. Even while balancing her studies, she continues to show up for her participants and dance alongside them. Caring, kind, and hardworking, Deborah brings dedication and encouragement to every class.





## BAMIDELE OLADEJI

Bamidele joined GAME less than a year ago, bringing a welcoming spirit as an instructor. His fitness background helps him create engaging and beneficial experiences for his participants. We are excited to have him continue to thrive with GAME.



## KAROSIBINA ABRAHAM

Karosibina really loves the community that has been birthed through GAME. He believes it's so important to do life alongside others, and GAME serves as a conduit that connects people in deeply meaningful ways.

As an instructor, he loves seeing how his passion for dance and fitness can bring joy, encouragement, and a positive impact to individuals, families, and entire communities. It's incredibly rewarding to create spaces where people can move, connect, grow, and simply enjoy being together.

For Karosibina, GAME is about so much more than dance and fitness—it's about people, relationships, and the community we build together.

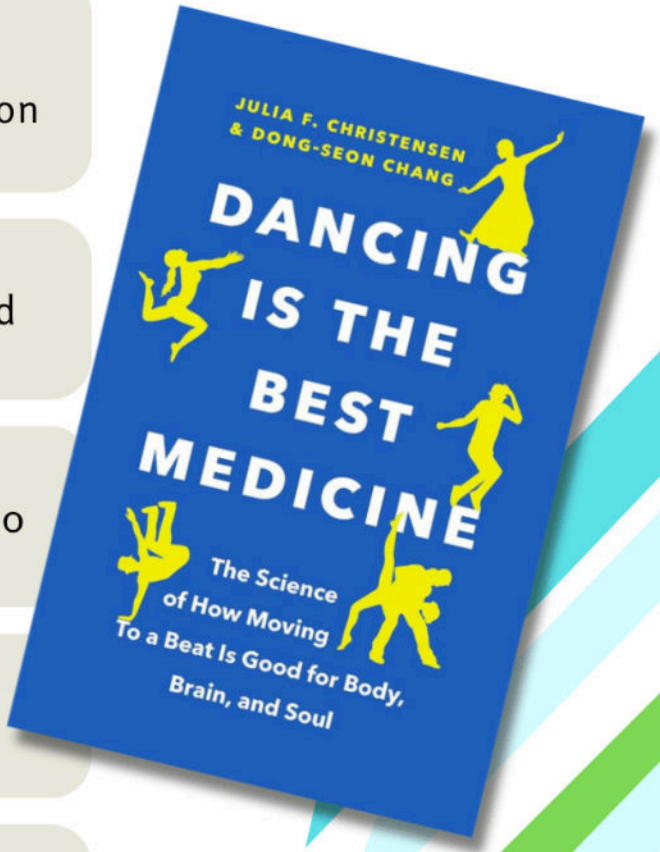
## CHELSEA CARVAJAL

Chelsea has been with GAME for two and a half years. Her favorite thing about the program is seeing how it has helped people live healthier lifestyles while creating lasting friendships with others who can stay active and healthy together.



# GAME
## BOOK CLUB MEET-UP

### FEATURED BOOK
Dancing Is the Best Medicine
By Julia F. Christensen and Dong-Seon Chang




### WHO CAN JOIN?
Everyone is invited to read along and participate!

### WHEN WE MEET
Every 4th thurday at 6:30 pm CST/7:30 pm est.

### WHERE WE MEET
Virtually over Zoom.

### WHAT WE DISCUSS
We talk about dance and its many benefits, share our experiences, and learn from one another.

### NEED A COPY?
Ask your group fitness instructor if you would like a copy of the book.

### WHAT IF I DIDN'T READ THE BOOK?
No problem. Come anyways! You can still contribute to and learn from our discussions.

## JOIN THE FUN!

# DON'T MISS OUT!

## COME TO OUR NEXT MEET-UP!

# SEPTEMBER 24TH

## 6:30 PM CST/7:30 PM EST

Scan for Zoom Link

Scan for Book

# WELLNESS FRIDAYS: MOVING IS MEDICINE



Moving is Medicine (MiM) continues to thrive, using culturally meaningful forms of movement to promote health, wellness, and connection. Since its launch in September 2025, the monthly event, "Wellness Fridays: Moving is Medicine," has brought together faculty, staff, and students at the University of Kentucky College of Pharmacy. Each month features a different exercise style led by one of our amazing instructors, offering participants a wide variety of movement experiences throughout the year.

## FEATURED STYLES

Afrobeat
Zumba
Yoga
Hip-Hop
K-Pop
Modern Dance
Ballet

# A WORD FROM OUR FOUNDER



Dear GAME Family,

Three years! What a journey it has been.

As we celebrate the third anniversary of Gospel Afrobeat dance is MEdicine (GAME), my heart is filled with gratitude to every person who has danced, moved, encouraged, volunteered, partnered, and celebrated with us along the way.

What began as a simple vision—to bring together movement, music, joy, and community—has grown into something far greater than I could have imagined. GAME was founded on the belief that movement can be more than exercise. Movement can bring joy. Movement can build community. Movement can strengthen our bodies. And movement can become an expression of gratitude for the precious gift of life and health!

Over the past three years, we have danced together to the uplifting sounds of Afrogospel and Afrobeat music. We have welcomed people of different ages, backgrounds, fitness levels, and dance experiences. Some came looking for exercise. Some came for fellowship. Some came simply to try something new. But together, we created a community where people could move, connect, and feel alive. Every class, every smile, every dance step, and every story of impact reminds me why this movement matters.

As we enter our fourth year, I believe we are only getting started. Our vision is to reach even more people and communities through joyful movement, develop new partnerships, and continue sharing the message that caring for our bodies and connecting with one another can be part of living lives of purpose and gratitude.

To everyone who has been part of these first three years: thank you. Thank you for showing up. Thank you for dancing. Thank you for inviting others. Thank you for believing in the vision. Thank you for helping us build this community. Most importantly, thank you, God, for three incredible years and for every life connected through this journey.

Here's to the next chapter—more faith, more movement, more community, more joy, and even greater impact.

Keep moving, keep dancing. Keep praising, keep spreading joy.

With gratitude and joy,
Olufunmilola Abraham

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