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Dance for Kindness Flashmob Event in Lafayette Nov. 8

Submitted by Sonya Grover



As part of Dance for Kindness, a worldwide event in celebration of World Kindness Day facilitated by nonprofit Life Vest Inside, groups from across the globe are joining together to perform a Kindness Freezemob-Flashmob to the same song, with the same dance, all happening on the same day. Local nonprofit dance studio, Joy in Motion, is leading the Lafayette event, which will be held at 11 a.m. Sunday, Nov. 8 at Elam and Margaret Brown Plaza, across the street from Safeway at the corner of Moraga Road and Mt. Diablo Boulevard in Lafayette. "Everyone can participate," said Joy in Motion co-founders Justin Cole and Linda Craig. "If you are a parent of a dancer, or have friends who might be interested, you can participate, too! You don't have to be a dancer, but if you simply want to spread kindness out into the world and have the desire to be a part of something bigger than yourself, you should register." A rehearsal video is available online for those who register through the LVI website at lifevestinside.com. For more information,



danceforkindness.com

Image provided

visit www.joyinmotiondance.org.

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