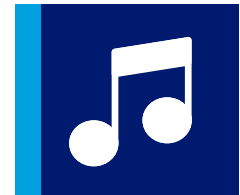




How To Get Involved

STEP-1 DANCE

Pick your favourite song and video yourself dancing on your phone – anywhere, anytime. Be sure to tell us in your video if you're dancing for someone special living with diabetes.



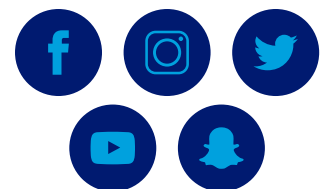
STEP-2 DONATE

SMS DANCE 0437 371 371 and follow the instructions or visit dance4diabetes.org.au to donate for vital diabetes research and support.



STEP-3 DARE

Share your dance video via your social media using the hashtag #dance4diabetes and dare 3 of your friends to do the same within 24-hours.



Mention #dance4diabetes as often and as widely as you can to help us with vital diabetes research and support!!