



## **Tangocise -- It Takes More Than Two To Tango To This Beat**

*Fran Beaumont, the inventor of TANGOCISE™ gets Seniors moving to that Tango Beat Across Manhattan*

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For a full schedule of Tangocise Classes

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Experts say it's never too late to reap the benefits of exercise, and a program offered in Project FIND's New York City senior centers is improving quality of life for many older adults.

Fran Beaumont, a professional Argentine Tango dancer, offers TANGOCISE™. This group experience where students are able to exercise in a meaningful way while also learning Argentine Tango movements.

The exercise program, offered by Ms. Beaumont at Project FIND senior centers in New York City's Upper West Side, has helped decrease pain, improve mobility, enhance heart health, improve posture, balance and even memory for its participants. All while listening to beautiful tango music.

"Whatever the age or ability, anyone can participate. Dancing skills are not the primary objective, but end up becoming an added benefit, says Ms. Beaumont. "The focus is on improving and enhancing posture and body awareness, strengthening the core, increasing balance, and utilizing range of motion with grace, fluidity and flexibility...all while connecting with the audio stimulation of music."

Researchers have been studying the effects of dancing on senior health for decades, with past findings revealing a decreased risk of developing dementia and better joint health. Several recently released studies continue to highlight how beneficial dancing can be, especially in contributing to a healthy lifestyle for seniors.

Executive Director David Gillcrisp spoke about how TANGOCISE™ has helped Project FIND's healthy aging programming, "The goal with our exercise programs is to help seniors decrease musculoskeletal pain, stiffness and fatigue; improve balance; reduce falls; and increase physical activity," he said, "Being able to work with innovators like Fran – who has developed this imaginative and deeply engaging form of exercise out of her own professional dance experience allows us to help our seniors stay active, decrease pain and improve their overall health. We need more Frans –citywide!"

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About Fran Beaumont and Tangocise™

Fran holds both Bachelor and Master degrees in Education and has extensive experience teaching all ages from infancy to senior adults in both group settings and on an individual basis. After several exciting years of competitive ballroom dancing, Fran became a professional Argentine Tango dancer and continues to perform and teach in this area.

Her combined education and dance backgrounds, have made Fran a multifaceted instructor. She utilizes her knowledge of body mechanics, combined with techniques geared to help students develop and maintain effective movements to make each experience both physically beneficial and enjoyable. Whatever the age or proficiency level, all lessons are customized to meet individual needs and interests. Additionally, as an experienced student of Pilates and Feldenkrais, and background from the Arthritis Foundation for Exercise Teachers, she is also able to understand and address specific needs of individuals with limited range of motion.

Fran, a Senior herself at 66 years old, created Tangocise™, as a group experience where students are able to exercise while also learning to dance Argentine Tango. She is a wonderful example and role model for Seniors teaching Seniors. Research has shown that Tango uses several forms of movement especially including dynamic balance, turning, initiation of movement, moving at a variety of speeds and walking backward. It has also been found that dancing Tango has been linked to increased heart health, better balance, improved memory, and weight loss. Combine this with the benefits of socialization and wonderful music; it results in a very positive experience. Most importantly it is fun for all and doesn't require a dance partner!!!!

#### About Project FIND

In 1967, the National Council on Aging established Project FIND as part of a federal demonstration project designed to develop a national picture of the elderly poor. More than 50,000 senior citizens responded to questionnaires created for the program, which was the first major effort in the United States to study the lives of low-income older adults, identify their greatest needs, and investigate the resources available to them. FIND stands for Friendless, Isolated, Needy, and Disabled: this was the dire picture of the elderly poor that developed as a result of the National Council on Aging's survey. In 1969, when the demonstration project ended, a group of dedicated, grassroots community activists joined Project FIND's leaders and founded and incorporated FIND Aid for the Aged, Inc. Project FIND in New York City is the only one of the original 13 demonstration programs that survives.

Project FIND's mission is to provide low- and moderate-income and homeless seniors with the services and support they need to enrich their lives and live independently. Today Project FIND operates three supportive housing residences that are home to about 600 people and four seniors centers with over 3,000 members. Our members and residents range from the healthy and active to the frail and homebound to the homeless. For all of these men and women, Project FIND is a critical resource, providing housing, meals, and programs that help individuals navigate the challenges of aging by encouraging community engagement and healthy living.

Hi Res Pictures and Videos available from Project FIND:

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