



FOR IMMEDIATE RELEASE:

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Solving Loneliness and Isolation For All Ages in Times of Quarantine: Inspiring Global Dance Movement Daybreaker Partners with AARP for a Free Virtual Social Dis-Dance Party Featuring Dance Legends Debbie Allen, Village People, Gloria Gaynor and More

Brooklyn, New York - [Daybreaker](#)—the global morning dance phenomenon active in 28 cities around the world—is teaming up with AARP to host a massive virtual global “social dis-dance” to inspire connection, belonging and self-expression amid the coronavirus pandemic.

On Saturday July 18th, from 11am-1pm ET, thousands of people around the globe will join via Zoom for a first-of-its-kind “Dancing Through the Decades” livestream experience featuring top artists from the ‘60s, ‘70s and ‘80s—including:

- An all-levels, all-ages dance class led by legendary choreographer and three-time Emmy Award Winner Debbie Allen
- A “YMCA” dance-along performance by Village People
- A performance by Gloria Gaynor, Grammy winner singer of “I Will Survive”
- A DJ set by DJ Jellybean
- A sing-along with Jefferson Starship

As feelings of loneliness and isolation—especially among older Americans—climb in the midst of the global pandemic, research shows that dancing together (even virtually) can be a powerful way to help stay connected and engaged by releasing mood-boosting brain chemicals (a neurochemical quartet of dopamine, oxytocin, serotonin and endorphins which Daybreaker Founder, Radha Agrawal, coined as “[D.O.S.E.](#)”). And, a new report released on June 30 by AARP and [The Global Council on Brain Health](#) Health found that music may help stimulate brain health, manage stress, and enhance mood and social connectedness.

Since social distancing and stay-at-home regulations were put in place in New York City early this March, Daybreaker quickly pivoted from in-person experiences, standing out as the first events company to host an immersive virtual dance party via a two-way livestream so participants could see each other on their “dance cams.” Daybreaker has since produced 13 back-to-back weekend “Episodes” with 30,000+ community members from 85+ countries represented.

”Daybreaker is a community, first and foremost,” said Founder, CEO, Chief Community Architect and Social Entrepreneur Radha Agrawal. “It’s where we come together to unlock, connect and self express through dance. It’s amazing what can happen when you bring a group of people together on a dance floor that’s totally unapologetic and gives you a true sense of freedom—even if that dance floor is in your own bedroom or kitchen.”

The family-friendly experience will begin at 11 a.m. ET with a 30-minute dance class led by dance icon Debbie Allen featuring fun choreography and famous dance moves from featured decades like The Twist, The Moonwalk and The Hustle.

“I’ve always felt that dance is a universal language,” Debbie Allen said. “We are never closer than when we are all together dancing to the same beat and moving as one. It’s so exciting to be joining Daybreaker and AARP to bring the world together to celebrate the power of dance—its ability to connect us, to keep our brains healthy, and to continue being an important mode of self-expression through every phase of our lives.”

The event will also include a free-form dance party with special performances — including a massive “YMCA” feature by Village People — and surprise celebrity guest appearances.

“We’re so excited to be working with Daybreaker and AARP to bring back the joy of the ‘70s and celebrate 40-plus years of disco together with two global communities,” the Village People said. “Performing on the virtual stage gives us a special opportunity to reach into the homes of so many people across the world, and doing the YMCA across time zones and country lines together will be a unique experience for us.”

To register for this free event, RSVP at Daybreaker.com/AARP.

About DAYBREAKER

Daybreaker is a global dance movement and wellness community of 500,000+ members in 28 cities around the world and online that inspires humans to start their day unlike any other — by waking up and dancing with reckless abandon, completely sober, first thing in the morning. Daybreaker takes place in some of the most iconic locations in the world from the top of the World Trade Center to the Sydney Opera House and Museum of Natural History. Daybreaker began in New York City as a social experiment and is centered around creating a community that inspires connection, belonging and self expression on a judgement-free, intergenerational dance floor.

Event Details

Daybreaker LIVE Presented by AARP
Dancing Through the Decades: A Global Virtual Dance Party
Saturday July 18th
Online — Zoom Link via RSVP
Dance Class + Dance Party 11am - 1pm Eastern Time
FREE RSVP at Daybreaker.com/AARP

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