



## MEDIA ADVISORY

FOR IMMEDIATE RELEASE

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### DANCERS OF PENNSYLVANIA BALLET VOLUNTEER TO PREPARE MEALS FOR MANNA CLIENTS BATTLING LIFE-THREATENING ILLNESS

- WHAT:** Dancers of Pennsylvania Ballet will honor the 25<sup>th</sup> Anniversary of *Shut Up & Dance* in MANNA's kitchen on Wednesday, February 8 by preparing more than 500 meals for neighbors living with life-threatening illnesses. Volunteers from Pennsylvania Ballet will take time from their demanding rehearsal schedules to help improve the lives of MANNA clients by creating nourishing meals. The volunteer event kicks off the *Shut Up & Dance 25<sup>th</sup> Anniversary* season. *Shut Up & Dance* is a one-night-only benefit performance for MANNA produced by Dancers of Pennsylvania Ballet. The volunteer effort will conclude with a celebratory cocktail hour to thank the Dancers for their dedication to MANNA's mission for the past 25 years.
- WHO:** Dancers of Pennsylvania Ballet  
MANNA (Metropolitan Area Neighborhood Nutrition Alliance)
- WHEN:** Wednesday, February 8, 2017  
6:30 – 7:15 pm
- WHERE:** MANNA  
2323 Ranstead Street  
Philadelphia, PA 19103
- MORE:** *Shut Up & Dance* is an annual benefit performance for Metropolitan Area Neighborhood Nutrition Alliance (MANNA) held on **Saturday, April 29** at the **Forrest Theatre** at 8 pm. Each year, Dancers of Pennsylvania Ballet come together to perform unique pieces for a night of entertainment. This year's show will celebrate the 25<sup>th</sup> Anniversary of the event. Each *Shut Up & Dance* ticket purchased provides nourishing meals to MANNA clients battling life-threatening illness, such as HIV/AIDS, cancer, diabetes and renal disease. Last year, the event raised over \$150,000, providing over 38,500 meals for MANNA clients

For more details about *Shut Up & Dance*, please contact Maris Harmon at [MHarmon@mannapa.org](mailto:MHarmon@mannapa.org) or call (215) 496-2662 x127. Visit [www.mannapa.org](http://www.mannapa.org), like us on [Facebook](#) and follow us via [Twitter](#).

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### **ABOUT MANNA**

Especially for people at acute nutritional risk due to life-threatening illnesses, [MANNA](#) prepares and delivers delicious nourishing meals and counsel, empowering individuals to battle illness and improve their quality of life. A small professional staff and 4,200 dedicated volunteers bring more than 95,000 nutritious, home-delivered meals each month to individuals and families living with HIV/AIDS, cancer and other life-threatening illnesses. MANNA dietitians promote wellness through nutrition education and counseling. Through these services, MANNA provides opportunities for caring people to extend loving support to families, friends, and neighbors. MANNA is spelled in all capital letters.

### **About Pennsylvania Ballet**

Founded in 1963 by Balanchine student and protégée Barbara Weisberger, Pennsylvania Ballet is one of the nation's leading ballet companies. Headquartered in Philadelphia, the Company's annual local season features six programs of classic favorites and new works, including the Philadelphia holiday tradition, *George Balanchine's The Nutcracker*™. For more information, visit [paballet.org](http://paballet.org), call 215.551.7000 or connect with us on [Twitter](#), [Facebook](#), [Instagram](#), and [YouTube](#) to go behind the scenes at any time.