

FOR IMMEDIATE RELEASE

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**Hamptons AARP Community Group Hosts LaBlast
Featuring Louis van Amstel of *Dancing with the Stars***

Proceeds from Dance Fitness Program to Benefit Alzheimer's Disease Resource Center, Inc.

BAY SHORE, NY — [Alzheimer's Disease Resource Center, Inc.](http://www.adrcinc.org) has announced that Louis van Amstel — a fan favorite on *Dancing with the Stars*, fitness expert and world champion — will host LaBlast, a dance fitness program that will take place on Monday, June 29 at 230 Elm Event Space, located at 230 Elm Street in Southampton. Doors open at 6:15 p.m. and the program runs from 6:30 p.m. to 11:30 p.m. The event is being sponsored by the Hamptons AARP Community Group.

A LaBlast Dance Fitness Class will begin at 6:30 p.m. This partner-free program is designed for all levels, from the non-dancer to the seasoned pro. Participants will have the opportunity to learn the dances they have seen on *Dancing with The Stars* while enjoying a wide variety of music, including pop, hip hop, country, swing, disco and more.

At 7:15 p.m., the Latin Dance Class will begin. Those in attendance will learn the basic steps in salsa, cha cha and rumba, along with styling tips. All levels are welcome.

Tickets for LaBlast or Latin Master Classes are \$40 per person for one class, \$70 per person for both classes, if purchased before June 22. After that, the prices are \$50 and \$90, respectively. A full evening consisting of both classes with Mr. van Amstel, buffet dinner, desserts, ballroom showcases and general dancing is available for \$750 for a table of 10, if purchased by June 22. A VIP table — which includes the full evening package, two complimentary glasses of wine per person, a three-DVD set of Louis van Amstel's LaBlast Dance Fitness program and one month of LaBlast Dance Fitness classes with Lori Newell held at 230 Elm — is available for \$1,250. Tickets for the VIP tables must be purchased by June 22.

All ticket sales proceeds will benefit Alzheimer's Disease Resource Center, Inc. (ADRC). For ticket information, contact Hamptons AARP at (631) 259-1385, email: info@hamptonsAARP.org or visit www.hamptonsAARP.org. For more information on ADRC, please contact Mary Ann Malack-Ragona, Executive Director/Chief Executive Officer, at 1 (855) 732-4500 or visit www.adrcinc.org

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[Alzheimer's Disease Resource Center, Inc.](http://www.adrcinc.org) — which is headquartered in Bay Shore and has a satellite office in Southampton — is the only local Alzheimer's Disease advocacy and educational facility whose mission is to fund local research and provide hands-on support and services to families on Long Island and the New York metropolitan area. ADRC works with family members, health care professionals and researchers to ensure quality health care and support to those impacted by Alzheimer's disease through care and consultation, information and referral, training, support groups, and caregiver safety products.