

Advocacy & Awareness: Project Alajuelita, Costa Rica

Dance Therapy

Background: Alajuelita is located five kilometers outside San Jose, and is a community that is made up of Costa Ricans as well as uninsured immigrants. 80% of the community is believed to live below the poverty line, which blocks access to healthcare. As a preventative health measure to improve mental and physical well-being, art and dance therapy are taught with different groups of women and children. Through the different dance programs, participants are able to discover new stress relief methods, build their self-esteem, and stay active to fight obesity that is prevalent in the community. March 2016 marked the 2 year anniversary of the dance program in Alajuelita!



Discussion Questions:

1. What are health disparities faced in your local community?
2. What is a program you can develop or organization with which you can partner to address these health issues?
3. What is the responsibility of the healthcare community vs. the community members in addressing these issues?

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