



Harlem Heights  
Improvement Association



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## **Harlem JAMS! Arts and Fitness Program**

A new partnership in Lee County aims to cultivate arts appreciation and promote healthy lifestyles for the Harlem Heights Community. CJAM Consulting, LLC, Harlem Heights Improvement Association and Lee County Alliance for the Arts announces the launch of **Harlem JAMS!**, a Arts and Fitness Program serving community members of all ages.

Beginning November 4<sup>th</sup> **Harlem JAMS!** will offer its first six-week session of afterschool, evening and weekend classes featuring dance, theater, multimedia and visual art. Housed in the Harlem Heights Community Center, the inaugural Fall 2009 Session will host four classes:

- **Acting for Life** (Ages 6-10)      Performance      Starts Nov. 7<sup>th</sup>
- **Urban Art** (Ages 11-15)      4 Visual Art Workshops      Starts Mid-Nov.
- **Jazz Dance** (Adult)      Performance & Fitness      Starts Nov. 4<sup>th</sup>
- **Line Dancing** (Seniors)      Fitness      Starts Nov. 10<sup>th</sup>

Each class will be hosted once per week for six weeks, and workshops will be offered in single classes. All youth and adult sessions are \$25 for six weeks, senior sessions are \$15 for six weeks, and individual workshops are \$10 each. Discounts are available for multiple registrants residing in the same household. Spaces in each class are limited, so all are encouraged to register today by calling 239.454.3060 or emailing [info@jamconsulting.com](mailto:info@jamconsulting.com). The next Harlem JAMS! offering will be the Winter 2010 Session in February and March 2010.

CJAM Consulting principal Candace Jackson is thrilled to partner with Harlem Heights Improvement Association director Angela Jackson and Alliance for the Arts executive director Lydia Black on this exciting new program. Together these organizations' efforts will bring new and sustainable programming to area residents and contribute to the diverse culture that is Harlem Heights.

CJAM Consulting, LLC is a strategic management firm providing business development services to arts and cultural organizations. Harlem Heights Improvement Association has provided economic development, social advancement and community improvement services to Harlem Heights since 1962. Its leading initiatives include Joe's Outreach Center, Food Pantry, Adopt a Road, and numerous outreach services. The Alliance for the Arts is the designated Arts Agency in Lee County. Through its Gladys G Land School of Art, the Alliance offers a wide variety of classes including youth arts classes, visual arts, performance arts, literary arts, photography, film, computer, graphic design and web classes, exercise arts and more.