

Karun Court 89 Promotes Health and Dance with "Heart Beat 2 The Beat 2"

Contributed by

Dr. Nickie Harris-Ray

Karun Court No 89 - Gulfport, MS

Karun Court 89. This summer, Karun Court teamed with local non-profit, NHR Blueprint, to host Heart Beat 2 the Beat (HB2B). HB2B is the wellness signature event of the NHR Blueprint, which seeks to identify past attitudes and behaviors regarding exercise and diet in mothers and their daughters. With the onset of popular tv programs such as BRING IT and SO YOU THINK YOU CAN DANCE, this program provides health and wellness information, as well as the cardio benefits of dance and physical fitness.

In the summer installment, Heart Beat 2 the Beat 2 (HB2B2), Karun Court joined the wellness effort along with others, to get this information to the community. With HB2B2, the event was expanded in the form of a community wellness outreach program and dance competition. It was held August 28, at the Scarlet Pearl Casino in Biloxi, MS. Karun was in the inaugural event. The event was an acclaimed dance team, of the Lifetime Show "Bring It", participated as a featured dance team in this highly anticipated August event. In addition to a regional cardio, cardio motivated dance competition, the "heart" of this year's event was the informational "heart break out" sessions. In between each dance category change, session

sponsors addressed the community participants on important issues that are affecting our lives. South Mississippi Surgical Center spoke on obesity and diet, Magnolia Health had information on cardiovascular wellbeing. Terry King of the Drug Education Counsel spoke on abuse and addressed parents on what to look for when suspicion arises that their children may be experimenting with drugs. Dr. Tracy

David of Delta Sigma Theta Inc., spoke on social media etiquette and bullying. There were many other health vendors and sponsors that provided verbal knowledge, as well as handouts, giveaways, and prizes.

Teams traveled from all over the state and adjoining states to participate in the four categories and win trophies and bragging rights. The judges for the event were regional professionals who are either current or retired choreographers. The high energy event attracted over 100 dancers and approximately 500 in attendance total. The event was publicized on the news, print media, radio, and social media.

Karun participated in the planning, organization, sponsorship solicitation, and volunteerism on the day of the event. NHR Blueprint is the local 501c3 founded and run by Dr. Nickie Harris-Ray, who serves as treasurer to Karun Court, and also as Imperial Associate Physician. Dr. Harris-Ray is not the only Karun member that runs her own nonprofit and serves as CEO. Dr. Sharon Shaw is the founder and CEO of Coastal Women for Change, which also partnered for this event. Also partnering for this event was Dr. Tracey Burk, of a Style Networking. Another Karun member, Dr. Jocelyn Lane, is founder and CEO of Pink Lotus Project. ▲



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By Dt. Nickie Harris-Ray, Karun Court No 89, Gulfport, MS

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