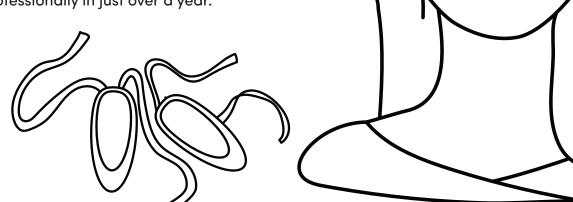
## **WOMEN'S HISTORY MONTH**

March is Women's History Month – Join the Glo Pals in celebrating some of the women who made history!

### meet Misty Copeland

Misty Copeland is an American ballet dancer for American Ballet Theatre. On June 30, 2015, Misty became the first African American woman to be promoted to principal dancer in American Ballet Theatre's 75-year history. A true prodigy, she was dancing en pointe within three months of taking her first dance class and performing professionally in just over a year.



# Let the Glo Pals be your spotlight.

#### STEP 1

Find a good floor for dancing and put bowls of water around you.

#### STEP 2

Drop some Glo Pals into your bowls of water and turn off the lights.

#### STEP 3

Put some music on, try out your best dance moves, and let your Pals be your spot lights!