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Let's Dance: Mayor's Mental Wellness Event is Aug. 18

BY ANA FIGUEROA

Mayor Lili Bosse is hosting a dance party on Aug. 18, and the entire city is invited. The exuberantly titled "Music & Dance!" event is the second installation of the Mayor's signature Mental Wellness Series.

Bosse spoke with the Courier about the inspiration for "Music & Dance!" and why it is so important for here and now.

"The last couple of years have taken a toll on all of us, and I'm definitely focusing on mental wellness. I find that music affects the soul. It touches us in ways that words cannot, and dancing does that as well.

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I know for me, if I put on some music in my car or when I'm getting ready for the day, it sets the tone for how I'm feeling. It lifts my mood, and I wanted to do that for the community," said Bosse.

"Music & Dance!" will do exactly that, with the community coming together to let the music move them. You needn't be a "Dancing Queen" to "Shake Your Booty" at the event, which will take place from 5 - 7:30 p.m. outdoors on the Crescent side of City Hall. Acclaimed DJ Keybo, who recently provided a lively soundtrack for National Night Out, will spin tunes.

"He did my reelection campaign kickoff and the last 'Walk with the Mayor.' He really has such a great vibe about him, and he's so approachable and fun," said Bosse.

Other than meeting in front of City Hall, the only recommendation is to wear sneakers, leave the inhibitions at home and, in the words of Lady Gaga, "Just Dance."

"Hearing a song can remind us of something from our childhood. It happened to me this week, when I heard Olivia Newton John had passed away. I was thinking about 'Grease,' and how that was a soundtrack from my youth," said Bosse.

The Mental Wellness Series kicked off on July 15 on a profoundly powerful note, with international best-selling author and Holocaust survivor, Dr. Edith Eger, and her daughter, licensed clinical psychologist, Dr. Marianne Engle. On Sept. 23, Bosse will welcome the renowned physician, author

and alternative medicine icon, Dr. Deepak Chopra.

"A lot of these incredible mental wellness leaders, such as Edith or Deepak, are not necessarily using music in what they do. I feel that music and dance are essential for mental wellness, and that is why I wanted to add that to the program," said Bosse.

In essence, having fun is beneficial to one's mental health, and Bosse plans to lead the way. She also promises that many familiar faces from city government will be there as well. (A video posted on the city's Facebook page provides a sneak peek at some of the moves city staffers will be showcasing.)

"What is wonderful is we are able to be together again, and we've been apart for so long. It will be a magical time, and I'm hoping to see all age groups there. I think other cities should consider doing this, too. We might as well be the first. We always lead because we're a community of connections. It is going to be a nourishing event for hearts, souls and minds," said Bosse.

And, to paraphrase the Lee Ann Womack hit, "When you get a chance to sit it out or dance," Bosse hopes you dance.

Mayor's Mental Health Series: "Music and Dance!"

Aug. 18, 5:30 - 7 p.m.

Outdoors on the Crescent side of the Beverly Hills City Hall

More information at beverlyhills.org/mentalwellness •