

## DANCE EXPRESS HISTORY

Founded in February, 1989, Dance Express premiered its first studio concert in May, 1989 at the Downtown Community Center. In August, dancers appeared at the first official Fort Collins' New West Fest. Since then each year, Dance Express creates annual dance and dance theatre productions, teaches adaptive modern dance workshops in schools and community centers, and makes guest appearances regionally. Highlights of performances include: **A Winter's Solstice** (2015), **Winter Solstice Celebration** (2016), **The Christmas Rose** (2013 & 2014); **ZORRO!** (2000) and **Robin Hood** (2002) with Aire Flamenco; **2001: A Dance Odyssey** (2001) and the "**Together**" series (1993-1997) with Canyon Concert Ballet; **A Christmas Light** (1998) with River Song Waldorf School; **The Christmas Rose/La Rosa de Navidad** (2003-07 ) and **Angel Dances & The Shepherds' Play** with area school children and community members; the 2015 premiere of **A Winter's Solstice**; the **DanceMakers** series of collaborations (2004-08) with fellow dance artists with and without disabilities. Seen in Fort Collins at **First Night, Streetmosphere, & the Martin Luther King, Jr. Day** celebrations, Dance Express has appealed to thousands of people.

Through our workshop program since 1993, Dance Express has served more than 3000 students and adults with and without disabilities.

Accolades: In 2007, Dance Express was nominated for the Fort Collins **Mayor's Awards** for its excellence. The Mayor of Fort Collins proclaimed May 24, 2009 as Mary Elizabeth Lenahan Day to honor her as a leader in integrating people of all abilities in the joy of dance. In 2015, Ms. Lenahan was named Biz-West Northern Colorado **Woman of Distinction** for Non-Profit Creative Industry. Founder and Artistic & Executive Director, Mary Elizabeth Lenahan, had has her BA from the State University of New York at Albany, her MS in occupational therapy from Colorado State University, and four-years of eurhythmy training with Sound Circle Eurhythmy in Boulder, Colorado. She performed at the international graduation at the Goetheanum in Dornach, Switzerland in June, 2014. In 2011, dancer Tamara Mahler was awarded the Hal O'Leary Inspiration Award at Coors Stadium in Denver, Colorado.

Dance Express dancers with and without disabilities delight audiences, families, and community supporters with a unique combination of original choreography, inspired dance, enthusiasm, and joy. Jane Slusarski-Harris and Mary Elizabeth Lenahan first auditioned dancers in downtown Fort Collins. Ms. Lenahan enjoys being the Artistic & Executive Director with the support of the Board of Directors.