



On the Bright Side: Virtual Dance Parties Promote Health, Charity

May 01, 2020 | April Kopec

Kopec family's online events inspire others to dance, exercise for health and wellness, and donate to the community to help feed thousands of people.

*The COVID-19 crisis has created many challenges, but it also has inspired acts of amazing kindness among members of our UMB community. We want to hear your inspiring stories for our **On the Bright Side** series. Submit your story [here](#).*

I'm an alumnus of the University of Maryland School of Nursing, and I worked at the University of Maryland Medical Center for eight years as a nurse/certified registered nurse practitioner.

My family and I have been hosting virtual dance parties/workout mixes from our basement over the last month, and our parties have been viewed over 7 million times on Facebook.

We've inspired people to dance and exercise for health, challenged and inspired companies to donate, and raised thousands of dollars for charities in and around Baltimore.

In addition, over 100,000 pounds of chicken and 300,000 bread items have been donated to Baltimore-area food banks.

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