

GIVE MIAMI DAY



THURSDAY, NOVEMBER 20TH 2025

ARMOUR DANCE THEATRE
TRANSFORMING CHILDREN'S LIVES THROUGH THE ARTS | EST. 1949

This Give Miami Day, join Armour Dance Theatre (ADT) and mindfulness coach Pilar Herreros in bringing mindfulness, relaxation, and well-being to Miami's children.

Through our five after-school mindfulness and dance programs, ADT serves nearly 400 children from economically disadvantaged communities across Miami-Dade County. Our mission goes beyond dance — we focus on social-emotional learning and mental well-being, helping children grow with confidence, focus, and joy.

Your donation today helps train our staff and children in mindfulness practices and ensures every child can thrive emotionally and creatively.

Important:

★ When completing the form, please include: **"Referred by Mastering Serenity Program"** (select any program you wish to support.)

♥ **Give now — your gift is tax-deductible and makes a lasting difference.**
Together, we can build a more mindful, compassionate Miami.

TAX
DEDUCTIBLE



75TH ANNIVERSARY
ARMOUR DANCE THEATRE

5818 SW 73 STREET, MIAMI, FL 33143

Master in Serenity, creator of the **5 Min Relax Method**, assisting individuals and organizations internationally to restore harmony and well-being into day-to-day lives.