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FOR MORE INFORMATION:

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Boyz II Men, MC Lyte & Thelma Houston Want You to Feel A Joy Supreme
Celebrating Black History Month with a Free Livestream Dance Party by Global Dance
Movement Daybreaker

NEW YORK – It’s the musical trifecta to spark joy in the midst of a gripping pandemic—with a healthy dose of dance and music. R&B legends Boyz II Men, Grammy-winner Thelma Houston and Hip Hop icon MC Lyte are all meeting on the virtual stage to celebrate Black History Month with global dance movement [DAYBREAKER](#) for a free global livestream dance party sponsored by AARP.

On Saturday, February 20th, from 11 a.m. to 1 p.m. ET, anyone with access to an internet connection is invited to join the “A Joy Supreme: Dancing to Motown Magic” two-way livestream experience, hosted by DAYBREAKER MC Elliott LaRue. The event includes:

- 4x GRAMMY winners Boyz II Men performing “End of the Road” & “Motownphilly”
- A DJ set from "I Am Hip Hop" Icon Lifetime Achievement award winner MC Lyte
- Grammy winner Thelma Houston performing “Don’t Leave Me This Way”
- A beginner-friendly Steppin and Line Dancing class from the “Godfather of Steppin Music,” Sam Chatman

To honor the legacy of Motown music as part of Black History Month, these artists are coming together to spotlight this intergenerational celebration of dance, music, community—and the tremendous joy it can bring during trying times.

“What we’ve seen over the past year is that music continues to bring us together, even while we’re all apart,” said Nathan Morris of Boyz II Men. “To be able to connect people through our songs like this just gives us tremendous joy.”

The mission of the event is to provide happiness and relief through music and dance at a time when people across all generations are struggling with feelings of anxiety, isolation and depression. According to a study of 2,000 people conducted by OnePoll and HARMAN International, 81% of those surveyed turned to music as their go-to coping mechanism for pandemic and quarantine stress, while 64.2% said enjoying virtual musical performances helped

them feel connected to others.

“Dance has truly come to the rescue for us in times of quarantine” said Radha Agrawal, Founder, CEO and Chief Community Architect of DAYBREAKER. “It takes courage to let go of all the stress and show up to dance together. But it’s so important to foster these moments of connection and play—because joy is also contagious. And I really believe this is the moment to make joy a priority in all our lives.”

To register for this free event, RSVP at Daybreaker.com/LIVE.

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About DAYBREAKER

Daybreaker is a global dance movement and wellness community of 500,000+ members in 28 cities around the world that inspires humans to start their day unlike any other — by waking up and dancing with reckless abandon first thing in the morning. Daybreaker began in New York City as a social experiment, meeting at the crossroads of wellness and nightlife, centered around creating a community that inspires connection, belonging and self expression to create a judgement-free, intergenerational, inter-continental, inter-everything dance floor. Since COVID, Daybreaker has hosted 20 virtual experiences with over 140,000 attendees across 115+ countries including a partnership with Oprah. Daybreaker.com

About AARP

AARP is the nation’s largest nonprofit, nonpartisan organization dedicated to empowering people 50 and older to choose how they live as they age. With a nationwide presence and nearly 38 million members, AARP strengthens communities and advocates for what matters most to families: health security, financial stability and personal fulfillment. AARP’s vision is a society in which all people live with dignity and purpose, and fulfill their goals and dreams.

Aarp.org/blackcommunity

Event Details

Daybreaker LIVE Sponsored by AARP

A Joy Supreme: Dancing to Motown Magic

Saturday, February 20th

Online — Zoom Link via RSVP

Steppin & Line Dancing Class + Dance Party 11am - 1pm Eastern Time

FREE RSVP at Daybreaker.com/LIVE