



# CONTRA COSTA HEALTH SERVICES WELLNESS TIPS

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## MY HIPHOP, R&B, and WELLNESS JOURNEY by DAHRIO WONDER

In response to your requests, we are featuring **Dahrio Wonder**, multi-talented songwriter, singer, dancer, choreographer, and our #HipHopTurnUp, Get It In & Get It Done instructor on our Wellness Tips website: <https://cchealth.org/wellness/video-record.php>.

*"I have been told "No" more than I have been told "Yes" in my career. All of the "Yeses" defined me and gave me the confidence to continue to go on and believe in my craft and career. Failures motivated me to do better to get to those "Yeses." If you are not strong minded, depression & lack of confidence could happen to you & you lose your way."*

-Dahrio Wonder, 2021

### MY MEMORIES OF THE BAY AREA

"I was raised in **Berkeley** and **Oakland** and I find the diversity of the **Bay Area** immeasurable - you cannot buy it anywhere. The cultural differences made me well-rounded with a wider perspective & cultural awareness."

### MY INSPIRATIONS AND MOTIVATIONS

"During my last year in high school, I joined the dance company of **Corey Action** in **Oakland** who taught group classes to help the students stay in shape. I started subbing and I gained my own class. This was very instrumental when I started collaborating with **Gina** and **Zumba**."



### MY ENTERTAINMENT CAREER HIGHLIGHTS



**Performance:** Performing in 2002 with **Celia Cruz, the Salsa Queen** during the 3<sup>rd</sup> Annual Grammy Awards was the most influential moment in **LA**. This performance opened my eyes to the Latin world.

**HipHop:** Booking a tour with **Britney Spears** in 2003 as a Back-up Dancer was a big deal for me, a Street Dancer who just moved to **LA** within one year. Only 4 guys were picked out of the 800 who auditioned.

**R&B:** Musically signing a publishing deal with **Jamie Foxx** really developed me to create a lot of music & best material to date. This is career defining; it gave me personal self-confidence & belief in myself.

### WHAT IS #HIPHOPTURNUP (HHTU), GET IT IN & GET IT DONE CARDIO DANCE FITNESS?

"#HHTU is an **authentic joyful, fun art form and winning mindset** that is tailor-made for everyone whether or not you have any dance or fitness experience so you can feel good. **Gina and I** inspire and motivate others to take a little bit of time to be active and fit leading to happier and longer lives. Some people struggle with depression, mental issues, and lack of self-confidence. We showcase the feelings about the class, dance, and moves. Step into your superstardom! We are all crunch for time. Take the time to do **#HHTU**."



### WIN A TICKET: WONDER IN COLOR VIRTUAL MUSIC SHOW, Dahrio Wonder, 7/24 @ 6 PM\*

Very easy! Watch one video (#HipHopTurnUp, Mindfulness, Yoga) on the Wellness Tips online, <https://cchealth.org/wellness/video-record.php> and send us the video title & your feedback [CCHSWellness@cchealth.org](mailto:CCHSWellness@cchealth.org). The first 20 respondents will win a concert ticket.

*We care about you.* We welcome your Bright Spots, videos, and heartwarming ideas. **We are also distributing EXA Workbook 1 & New Wellness Kits at this time (available while supplies last).** Please contact [CCHSWellness@cchealth.org](mailto:CCHSWellness@cchealth.org). Team Members: Priscilla Aguirre, Amanda Dold, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Kimberly Nasrul, Samir Shah, Sonia Sutherland, Arlene Trimble. \*Contest closes on July 20<sup>th</sup>.