# Dancing with Hepatitis C

August 13, 2013 By Lucinda K. Porter RN

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*Dance, even if you have nowhere to do it but your living room.* ~ Kurt Vonnegut

Hepatitis C can steal the life out of us. When I feel low or spent, I look to those who are fully alive for inspiration.  I know an older man with advanced cancer, who dances as if he doesn't have a care in the world. I know that cancer is pressing down on him, sapping his energy and flexibility, but when he dances, he is ageless and unfettered.

Hepatitis C can make us not want to dance anymore; yet dancing is precisely the thing we need to do most. Dance is a metaphor for vitality. When we are dancing with life, we are engaged and fully alive. Someone said, "You can dance anywhere, even if only in your heart."

May you dance today.



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