



MOOSE Squares Dance Club

MOOSE LODGE #5: 4615 Fegenbush Lane Louisville, KY 40218

Club Caller and Instructor: Joe Porritt

LEARN TO SQUARE DANCE!

- ❑ **Heart and Mind Health:** aerobic exercise that is fun for all while improving heart health, lowering blood pressure, and keeping our minds fit!
- ❑ **Lose the Pounds:** Dancing leads to those unwanted pounds melting away! The added value is reaching weight goals despite having fun doing it!!!!
- ❑ **Explode your social network:** Perhaps you are empty nesters and now have the time to make new friends but are struggling with ideas? Has your work prevented you from making couple friends? Has a sudden change occurred in your life and you need a change as well? Square dancing is an answer! Come for lessons and start the journey to meeting many new friends and acquaintances and explode your social network!
- ❑ **Nourishment for the Soul:** Fun and laughter is an elixir for many maladies. Dancing with friends releases endorphins which lifts our moods, improving happiness, and giving us higher purpose!
- ❑ **Dance to music you love:** Square dance to a wide variety of music sure to appeal to everyone's taste-rock and roll, pop, country, and gospel! Excellent tunes from then and now!
- ❑ **Wear what you want:** Dress comfortable for dancing and let your taste and the weather suit your clothes!

LOOK! 👁️👁️ Join us at MOOSE Squares Dance Club for beginner square dance lessons starting SUN NOV 3rd 2019 @ 4:30pm

For More Information Call: 502-599-2350

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