

Discover square dancing!

- ~ *Does your doctor tell you to get more exercise?* Try square dancing!
- ~ *Have you lost touch with old friends--want new ones?* Try square dancing!
- ~ *Do you want some new excitement in your life?* Try square dancing!
- ~ *Does your brain need exercise?* Try square dancing!
- ~ *How about your memory? Does it need exercise?* Try square dancing!
- ~ *Do you need more fun in your life?* Try square dancing!
- ~ *Do you like to listen to music when you exercise?* Try square dancing!
- ~ *Do you need stress relief?* Try square dancing!
- ~ *Does your blood pressure need to come down?* Try square dancing!
- ~ *Do you need an inexpensive but worthwhile hobby?* Try square dancing!

Square dancing is dancing to a specified set of directions that are called to music.

Square dancing is held in schools, churches, community centers, etc.

Square dancing is chemical free, i.e., no alcohol, etc.

Square dancing is called in English around the world.

Square dancing is "exercise to music," an integral part of a weight-maintenance plan.

Square dancing is one way to keep muscles and joints moving.

Square dancing is eight people working together and having fun keeping the square going.

Square dancing is a fun diversion from the stress of a job or family.

Square dancing is for all ages 8-98.

Square dancing is a fast way to meet people and make new friends.

Square dancing increases mental alertness because dancers never know the order of the calls.

Square dancing is low-impact aerobic exercise.

Square dancers travel throughout the country and abroad, take square dance cruises, attend weekend camping dances, and entertain residents in assisted living and nursing homes.

Square dancers can dance 3-5 times a week if time allows.

Square dancers log three or more miles at a dance. Great way to get those 10,000 steps.

Square dancers have found the the secret of keeping mentally and physically healthy and alert while having fun, improving fitness, and enjoying fellowship. **You** are invited to join the square dance community!

Casual attire. Partners provided. Introductory level. No charge. Join the FUN!

Come square dance Monday evenings, 7 p.m.

at The Gillespie Center in Mound, 2590 Commerce Blvd.

ComeSquareDance.com WestonkaWhirlers.com SquareDanceMN.com

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