



Where else can you walk to music, laugh a lot, and meet great people – all at the same time.

DANCE:

- ✓ Have Fun
- ✓ Laugh More
- ✓ Make Friends
- ✓ Exercise More
- ✓ Reduce Stress
- ✓ Improve Memory Skills

Learn more about this great activity from a club in your community.

Peterborough: 705 743 3077

otonabeesquares@gmail.com

Lindsay: 705 324 9559

Cobourg/Port Hope:

905 885 4748



For more info:

Ontario Square Dance Federation

www.squaredance.on.org

Toll Free 1-866-206-6696



Would you spend two hours each week doing something good for your health?

An enjoyable activity that involves using your body and your brain?

A multi-dimensional approach to healthy living is modern square dancing and incorporates the three holistic dimensions
Physical, Mental and Social.



If you can walk, you can square dance!

It's for **everyone!**

No partner required!

No special clothes!

Modern Square dancing not only lifts the spirits, but also provides healthy cardiovascular exercise and mental stimulation that can add quality to your life.

It is definitely a wise choice of activity.