

OTONABEE SQUARES



You are invited to

MODERN SQUARE DANCING

Dance for health - dance for fun!

Every **MONDAY Starting Sept 14**

6:30-8pm

All ages welcome

No partner required - no special clothes

\$5 per week - refreshments included!

GEORGE STREET UNITED CHURCH

Cnr George and McDonnell Sts.

PETERBOROUGH

(Enter through door facing McDonnell St.)

For more info. Ph 705 743 4582

Or go to: www.otonabeesquares.org

Add quality to your life!

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“We do not grow too old to dance. We grow old because we do NOT dance.”

Herb Greggerson, square dance caller,

One-dimensional approaches to health and fitness such as working out at the gym, running or strenuous games like tennis, can lead to physical injury and do not address the social or psychological dimensions related to health. **The ideal prescription** for improving or maintaining health is to find an activity that combines all three dimensions—*physical, mental and social*.

The multi-dimensional approach to healthy living is called **Square dancing** and incorporates the three holistic dimensions – **Physical, Psychological and Social**.

DANCE:

- ✓ **Have Fun**
- ✓ **Laugh More**
- ✓ **Make Friends**
- ✓ **Exercise More**
- ✓ **Reduce Stress**
- ✓ **Improve memory skills**

Square dancing contributes to a more healthy and independent lifestyle and it is one of the few activities shown to involve both physical activity and mental stimulation significant enough to reduce the risk of dementia”

Dr. Lewis Maharam, New York sports medicine specialist.

“Dancing reduces demetia risk by 76%; Board games by 73%; playing a musical instrument by 69%; working crosswords by 38%”. Dr. Laura Mosqueda

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