

"Dancing for Fun and Fitness"

And **you** can join the fun!!

Try

Social Square Dance

Learn to dance using the progressive workshop plan

Lessons starting soon

Contact: Bernadette McNeil at mcneil195421@gmail.com or 701-293-6620

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Endorsed by the American Heart Association as a "heart friendly" activity

Mental and physical exercise - fun, fellowship and new friends
Walking to the beat of the music and learning one step at a time



Casual dress - comfortable shoes!! Hope to see you there!!

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www.fmsquaredancers.org