

# "Dancing for Fun and Fitness"

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

## Square Dance

Learn to dance using the progressive workshop plan

Monday, September 18 - 7:00 pm

Community Action Program (CAP) Bldg., 861 Belsly Blvd, Moorhead

\$5.00 per person (first class free) - under 18 free with a paying adult

Veterans and their families: first two classes free

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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](http://www.fmsquaredancers.org)