

# "Dancing for Fun and Fitness"

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

Modern Square Dance: Learn to dance -  
By walking to the beat of the music!!!

Classes beginning on Monday, May 6 - 7:00 pm

CAP-LP Building - 861 Belsly Blvd - Moorhead

First lesson free.

Veterans and their families: first two lessons free

\$5.00 per person - under 18 free with a paying adult

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Endorsed by the

American Heart Association as a "heart friendly" activity

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

Casual dress - comfortable shoes!!

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For more information, contact:

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or

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