



LIMESTONE DANCERS

SQUARE & ROUND DANCE CLUB
KINGSTON, ONTARIO

NEW MOVES * NEW MUSIC * NEW FRIENDS
NO SPECIAL DANCE ATTIRE

If you can walk, you can square dance. It is an activity that uses all 3 dimensions of a healthy life style.

PHYSICAL, MENTAL AND SOCIAL – AND IS FUN!

New Dance Program starts
September 14, 2017
Class every Thursday 7:00 – 9:00 PM

Your first class is **FREE**. - Thereafter \$7.00 each week.

165 Robert Wallace Drive, Kingston, Ontario K7M 1Y3

PROVEN BENEFITS OF DANCING:

- ♥ reduces stress and depression & increases energy and serotonin
- ♥ improves flexibility, strength, balance, and endurance
- ♥ strengthens bones and boosts cardiovascular health
- ♥ increase mental capacity by exercising our cognitive processes
- ♥ dynamic and rapid-fire decision making creates new neural paths

FOR MORE INFORMATION CALL JUDY MERCER 613 766-4476

