



## **Don't Hibernate – Re-energize Through Dance! (\*article excerpts with permissions from Sarah Arthur Murray Dance Studios)**

**Thinking about hibernating this winter?** Think again. There are many better ways to spend the season, especially if you don't want to be feeling the winter blues for months on end. Instead of hibernating this winter, consider rejuvenating yourself through none other than dance.\*

Feeling stressed, depressed, or simply unmotivated? Go dance about it! Seriously— rejuvenation through dance is a phenomenal way to [boost your mood and slash stress](#). If you suffer from [Seasonal Affective Disorder](#), dancing could be your light at the end of the tunnel. Your feel-good hormones will be off-the-charts when you decide to dance instead of hibernate this winter.\*

Easy Modern Square Dancing is one form of exercise that will keep you active and will undoubtedly make you feel energized when you emerge into spring in 2019.

The Glengarry Tartans – Easy Modern Square Dance Club in Alexandria invite you to their No Cost- No Obligation Open Houses on January 6, 13 and/or 20, 2019. 49 St. Paul St., La Fraternité, 2 :00 to 4 :00 pm.

No dancing experience? No partner? No Problem! Stop in, have Fun and Give it a Whirl! This is a Beginners dance club. We dance for Fun not perfection.  
Info: Carole & Bernie 613-931-1783