

YOUR PRESCRIPTION FOR BETTER HEALTH

Modern Tunes
No experience is needed
Casual attire in a casual
environment



SQUARE DANCE:

- ✓ **Have Fun**
- ✓ **Laugh More**
- ✓ **Make Friends**
- ✓ **Exercise More**
- ✓ **Reduce Stress**
- ✓ **Improve Memory Skills**

Photo created by FreePik

Mask(when dancing) & Vax for now

Don't be shy
Give it a try

You're Invited to our
FREE no obligation
easy Introductory kick
off dances
September 11th &
18th, 2022 (2-4pm)
Glengarry Tartans
Alexandria
49 St. Paul Street

It's Amazing!
You won't
Believe it!

Couples & Singles
welcomed WE DANCE FOR FUN
NOT PERFECTION