



Would you spend two hours each week doing something good for your health?

*An enjoyable activity that involves using your body and your brain?*

A multi-dimensional approach to healthy living is modern square dancing and incorporates the three holistic dimensions  
Physical, Mental and Social.



If you can walk, you can square dance!

It's for **everyone!**

No partner required!

No special clothes!

Modern Square dancing not only lifts the spirits, but also provides healthy cardiovascular exercise and mental stimulation that can add quality to your life.

**It is definitely a wise choice of activity.**



Where else can you walk to music, laugh a lot, and meet great people – all at the same time.

**DANCE:**

- ✓ Have Fun
- ✓ Laugh More
- ✓ Make Friends
- ✓ Exercise More
- ✓ Reduce Stress
- ✓ Improve memory skills

Learn more about this great activity from a club in your community.

**Peterborough: 704 743 3077**

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

[otonabeesquares@gmail.com](mailto:otonabeesquares@gmail.com)

**Cobourg:**

**Lindsay: 705 324 9559**