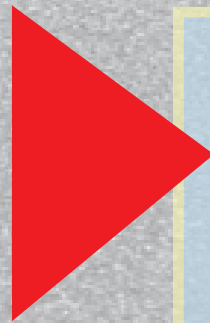


**If we're supposed to walk  
10,000 STEPS  
Shouldn't they be  
FUN?**

*In just one evening of square dancing,  
you can dance 2 miles.*

*On average, that's 4,000 steps...  
almost half of your 10,000!*

**START  
NOW!**



**Introduction to  
Square Dancing**

**Thursdays**

7-9 p.m.

First Presbyterian Church

13th St. S. & Poly Drive

Billings, MT

**Signups**

**October 17 and 24**

**\$8 per person**

**Smoke and Alcohol Free  
Great Exercise Benefits  
No Experience Necessary  
Singles, Couples  
and Groups Welcome!  
No Special Attire Needed –  
Wear Comfortable Clothes  
and Non-Marking Shoes  
Minimum Age 12**

**Go to [squaredancemontana.com](http://squaredancemontana.com) for details**