



DANCE

TO YOUR HEART'S CONTENT



Regular social connection to improve our mood, reduce stress and make our hearts happy!



Regular aerobic activity that feels like fun, not exercise, and makes our hearts strong!



Treat your heart to

INTRODUCTORY SQUARE DANCING

Thursdays

Cedar Hall at MetraPark • 6:30–8:30 p.m.

SIGNUPS JANUARY 11 & 18

No special attire, just be comfortable.

Non-marking shoes encouraged. Partner recommended, not required. Ages 12 and up welcome. Under 16 must be accompanied by an adult.

\$8 per person

for more info go to squaredancemontana.com

Or call **406-373-6959**