

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 ♥ 7-9 p.m.

First Presbyterian Church • 13th & Poly • Billings, MT

FREE

**Registration Dances
October 15 & 22**

Smoke & alcohol free • No experience necessary

No special attire, wear comfortable clothes and non-marking shoes

Singles, couples, groups welcome • Partners recommended but not required

Ages 12 & up • Under 15 must be accompanied by an adult

for more info go to squaredancemontana.com

or the Yellowstone Square Dance Council facebook page

Or call 406-373-6959