A free chance to try

Modern Western Square Dancing

Singles, Couples, Families

No experience needed - Casual Attire

- **Burn between 200-400 calories in a half hour of dancing**
- **Low impact aerobic exercise**
- **Great social activity**
- **Boost brain power**
- **Build teamwork**
- **Enjoy live entertainment**

We urge you to find out more about an American traditional dance and have fun and exercise while doing so. Classes will be given during the fall semester (after the free fun nights) for those interested. Sponsored by the Boots 'n Bows Square Dance Club and Wappingers Falls Continuing Education.

Free fun nights: Thursday, Sept. 12 & 19, 2019 - 7:30 to 9:30 pm

Myers Corners Elementary School, 156 Myers Corners Road, Wappingers Falls

For more information call: Janet Moss: 485 - 8666 or jmgypsy@gmail.com

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