

FREE Introduction to



SQUARE DANCING



Wednesday, JANUARY 24th 7 pm

Are you bored? Is your nest empty? Too much time on your hands?

Fun Low-Impact Aerobic Exercise

Good For Mind & Body

Social Interaction

Various Music Styles

No Special Attire Necessary

Get off the couch and join us!

***Central Middle School
9431 S Spaulding
Evergreen Park, IL***

***Info call Darlene 708 846-5794 or
Liz 708 373-6517***



Swing'n Sugar Squares

Swinginsugarsquares.com