

**Use It
or
Lose it**

Sitting is Killing You

These aren't empty phrases! Unless you take steps to a healthier life style you will become physically weaker, less mobile and the result will be a shorter life span.*

So get on your feet and dance!



The dancing doesn't involve any fancy free style movements. You will be interacting with other dancers, walking to modern upbeat music, directed by a dance leader. Dress is casual.

Come join us at the

FREE COMMUNITY DANCE PARTY

Tuesday, September 18, 7:30pm

Medinah Park District

22W130 Thorndale, Medinah

No experience needed

Singles & couples

Able to sustain fast walking pace

Missed the Community Dance Party

**Fall Classes begin Tuesday, Sept 25, 7:30-9:30pm
Medinah Intermediate School, 7N330 Medinah Rd**

More info Bill & Andi 630.529.9869

<http://yellowrockerssdc.wixsite.com/club>

*<https://www.cbsnews.com/news/why-sitting-all-day-is-killing-you/>