

Burn calories, make friends, prevent Alzheimer's, lower blood pressure, improve balance, fun

Burn calories, make friends, have fun, lower blood pressure, improve balance, de-stress, boost your brain, lengthen your life

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FUN and EXERCISE !

Pair that with music
and dancing

Square Dance Lessons

Charlotte Jeskey—Instructor

Lebanon Square Circlers

www.lebanonsquarecirclers.com

No partner required!

No partner required!

Starts Sunday, Sept. 18th
6:30 to 8:00 pm

I.O.O.F Hall

20 Ash St. Lebanon

No partner required!

No partner required!

The first class is FREE!

\$4.00 per person
or \$10.00 per family per session

Everyone welcome
No experience required
It's not expensive
Meet great people
Good family fun and exercise

It's fun for all ages (7 to 107!)
It's not expensive
Drug, alcohol, and smoke free
Singles welcome
No partner required

Burn calories, make friends, lower blood pressure, improve balance, have fun, boost your brain power, lengthen your life, laugh a lot, de-stress, prevent Alzheimer's

For further information call **503-838-5113** or **541-401-9780**
or visit us on the web at www.lebanonsquarecirclers.com

Dances are held 1st and 3rd Saturday nights at the Odd Fellows Hall, 20 East Ash Street, with Pre-Rounds starting at 7:30pm, Mainstream Squares at 8:00pm and Plus at 10:15pm.

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