

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](http://www.lebanonsquarecirclers.com)

Starts September 17th, 2017  
6:30pm—8:00pm

I.O.O.F Hall

20 Ash St. Lebanon

**The first class is FREE!**

\$5.00 per person  
or \$12.00 per family per session

- |                                     |  |
|-------------------------------------|--|
| <b>Everyone welcome</b>             | <b>It's fun for all ages (7 to 107!)</b> |
| <b>No experience required</b>       | <b>It's not expensive</b>                |
| <b>It's not expensive</b>           | <b>Drug, alcohol, and smoke free</b>     |
| <b>Meet great people</b>            | <b>Singles welcome</b>                   |
| <b>Good family fun and exercise</b> | <b>No partner required</b>               |

*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](http://www.lebanonsquarecirclers.com)

*Dances are held 1<sup>st</sup> and 3<sup>rd</sup> 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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