



**BRAIDS AND BRAVES
SQUARE DANCE LESSONS COMING YOUR WAY SOON!**

WHEN: Sunday, September 11, 2022

TIME: 5:00 to 6:30

Cost: \$6.00

First 2 lessons are free.

**WHERE: McMinnville Grange
1700 SW Old Sheridan Road
McMinnville, Oregon**

**For additional information, please contact:
Jen Ramer at 971-237-4711 or
Don Myatt at 503-474-7503**

Top 10 Benefits of Square Dancing

- 1. It's easy. This is a great benefit to beginners. Lessons are fun and "angels" help you learn all the calls.**
- 2. Movement is great for your body. While it's not strenuous it provides some cardio strength building. The music and the fun can make you forget you are getting a workout, but your blood is pumping, your limbs are moving and your lungs are getting fresh air pushed throughout your body.**
- 3. It's addicting, which means you'll be back again and again to reap its benefits. Square dancing has great appeal and a social connection.**
- 4. It's different than dancing on your own. People who are embarrassed by free-style dancing often find the steps much more comfortable.**
- 5. Square Dancing is social! It crosses all age groups**
- 6. It's mental! The steps require you to use both sides of your brain, and what is called "cross-lateral" movements, which are movements that cross from one side of your body to the other. These are great exercises for your brain, memory and coordination, which are all important as we develop as children and as we age as adults.**
- 7. It reduces stress. The combination of all of the above-listed benefits makes square dancing an excellent solution to the need for stress-reduction.**
- 8. No age limits or ability requirements are a great benefit. There are no barriers from making square dancing a lifelong hobby.**
- 9. Take it with you! Square dancing is the same all over the world! Many dancers travel to dances out-of-town, out-of-state and out-of-country.**
- 10. It's here! Braids and Braves is the local club in your area. Come join in the fun!**

