

You're Invited
to learn to
SQUARE DANCE

at the **United Methodist Church**
Bemidji, MN 56601

beginning
Tuesday, October 5, 7-9pm

Casual attire and comfortable shoes

Lots of fun & fellowship
plus fitness too!

Questions to Ray and Carole at 218-444-5904

Instructor is Royce Nelson
218-694-3475

Anti-aging Secret

Square dancing involves both physical activity and mental stimulation. Doctors recommend exercise.
People who are active in their 50s and 60s enjoy far better health into their 70s.
Square dancing is walking to music!