



Mississippi Squares presents

Square Dance for the Health of it

Come to our open house for a fun evening.
— Singles and couples welcome —

Tuesday evening, March 27, 2018 7:30 to 10:00

**Brunton Community Hall
1702 9th Line, Blacks Corners, Ontario**

Brunton Community Hall is 3 km south of Carleton Place on Highway 15.

No dance experience is necessary.

If you can walk, you can square dance!

Square dancing is set to modern music.

The caller weaves directions for the dancers into familiar music with a steady beat.

The easy-to-follow calls are repeated often so a dancer soon learns to respond in a coordinated way with the other dancers.

Brian Crawford, our caller, is rated as one of the best callers in our region. Brian is an excellent teacher who keeps you learning and laughing.

According to a Mayo Clinic study, dancing can burn as many calories as walking, swimming or riding a bicycle. Square dancing is a low-impact activity requiring constant movement and quick directional changes, which help keep the body and mind in shape.

Heart rate increases and muscles strengthen. Balance improves and mind-body coordination sharpens. It provides people of all ages an opportunity to have fun, forget their troubles, make new friends, get exercise and feel good about mastering something new.



Don't miss this introduction to modern square dancing.

www.mississippisquares.ca