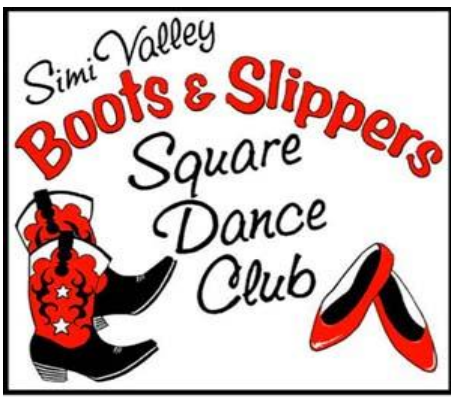




Boots and Slippers Square Dance Club Class

Square Dancing is an activity that will not only get you out of the house, but it will also help you to meet new friends, get some low impact exercise, keep you mind off your troubles and most importantly, make you smile!

Reasons to Square Dance -

- Cardiovascular Fitness
- Muscle and bone strength, improve balance
- Stress Relief
- Brain and Emotional Health
- Socially Engaging, New Friends

Put some joy in your life...Square Dance!