

## MAKE EXERCISE FUN!!

No thanks! No thanks! YES PLEASE!



## TRY MODERN SQUARE DANCING

Square dancing is a nearly-perfect exercise: it offers physical, social, and mental benefits; plus, it's easy to learn and FUN!!

**Couples AND Singles welcome.  
Join us at a FREE Kick-Off Dance:  
Tuesday, September 3 or 10, 2024\*  
7:00 - 9:00 PM, J.A.Dulude Arena,  
941 Clyde Ave., Ottawa**

\*14-week dance program begins Tuesday, Sep.17  
Program cost: \$130 per person.

**[www.MeriSquares.ca](http://www.MeriSquares.ca)  
[info@MeriSquares.ca](mailto:info@MeriSquares.ca)**