

MAKE EXERCISE FUN !!



Try Modern Square Dancing in Ottawa, Ontario

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

**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.

www.MeriSquares.ca

info@MeriSquares.ca

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