



SOCIAL DANCE GROUP

Regular dancing is great for losing weight, maintaining strong bones, improving posture and muscle strength, increasing balance and co-ordination and beating stress. One of the best things about dancing is that while you're moving to music and meeting new people, you're getting all the health benefits of a good workout. You will be having such a good time that it will not feel like hard work at all!

Come and try this new dance group and learn a mix of Modern and Old Time Dancing. Wear comfortable clothing you can dance in and shoes with closed in toes and slippery or at least non-sticky soles. Tea, coffee & biscuits provided for supper at half time; dancers are welcome to bring along a small plate to share.

Singles and couples, any age, beginner to Fred Astaire all welcome!

Dance Instructor: Gary Wilson

**Venue: Anglican Church Hall, Wheeler St
CORRYONG**

Date: Thursdays

Time: 7.30pm – 9.30pm Cost: \$5

For more information call:

**Jan Lewis 6077 4332 or
Corryong Neighbourhood Centre 6076 2176**

