

"Dancing for Fun and Fitness"

And **you** can join the fun!!

Modern Western Square Dance: Learn to dance

Monday, Sept. 13 - 7:00 pm
CashWise Community Room
1401 33rd St SW-Fargo

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Endorsed by the
American Heart Association as a "heart friendly" activity

Mental and physical exercise - fun and fellowship
Walking to the beat of the music and learning one step at a time

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for more information

