

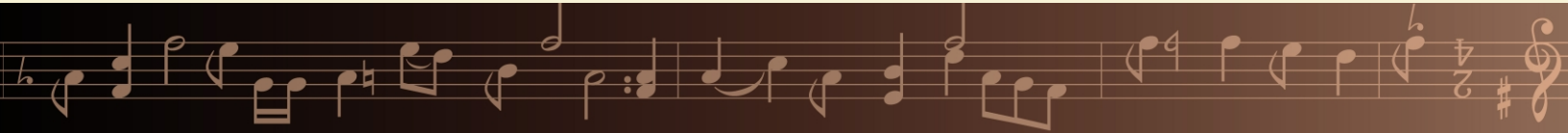
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Contact information for the Swinging Swallows Square Dance Club in the Ottawa Valley:



# What do you wear to go **Modern** Square Dancing?



## Whatever you want!



# Dance your way to good health!

## HEALTH BENEFITS OF SQUARE DANCING

(Source: The Mayo Clinic)

- Improves cardiovascular health.
- Helps prevent osteoporosis.
- Lowers blood pressure.
- Prevents depression.
- Increases stamina and flexibility.
- Reduces stress and tension.

*Dancing is a unique form of exercise because it provides the heart-healthy benefits of an aerobic exercise while also allowing you to engage in a social activity.*

**280** A 150-pound person can burn 280 calories square dancing in one hour!

## 2-3 Miles

Square dancers walk the equivalent of 2-3 miles in an evening of dancing.

Swinging Swallows Square Dance Club offers annual lessons to help you learn the moves quickly and easily. There are varying levels of dance available, allowing you to continuously learn new steps. With many square dance clubs around the world, you can easily visit another Club while on vacation, so you'll never miss a beat!

*Come out and join us today and see how Modern Square Dancing can keep you active. Learn something new, meet new people and dance your way to good health!*



Get  
up &  
Dance!

**MODERN  
SQUARE DANCING**

*Swinging Swallows*