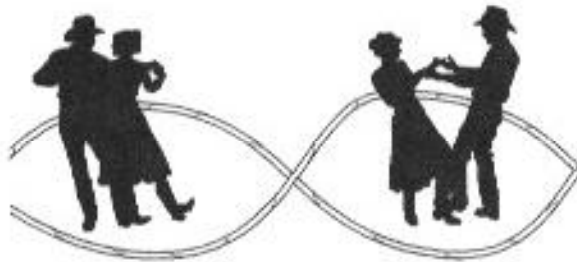


SQUARE DANCE

YOUR WAY TO



BETTER
PHYSICAL
and
MENTAL
HEALTH

With the changes that have occurred in the general health programs available to us, we need to look even closer as to how we can live a healthier life style. In the future, health care is going to be a major problem. With less care at a higher price, the only way to protect ourselves is to follow a program that can place us in the best state of health that we can attain. Every health institution and health publication has placed exercise at the top of their list for maintaining good health.

When we look at the health programs that are available we find that they focus on the physical and generally ignore the mental exercise that is equally as important and many times more important. We need to enter into an activity that will allow us to exercise both mind and body.

Square dancing is the activity that can be performed year round and maintain the physical and mental exercise that is needed to keep the body in good condition and enjoy the good social life that this activity provides. It will not only fill your need for a good social, couples oriented activity, it will give a much needed start to a healthier future. It will contribute to better over all health and will help defend against your rising cost of health care. Square dancing is smoke and alcohol

FREE !!!!!!!

HIGH MOUNTAIN SQUARES

Will start new dancer
dances Jan. 15, 2012
from 3:00 to 5:00PM

The first two dances are
FREE

Come and experience
the fun and fellowship of
Square Dancing

Dances will be held at the
Environmental Resource Center
Lakeside Dr, Franklin NC

For addition information call;

828-524-4930 // 828-332-0001
828-524-2280