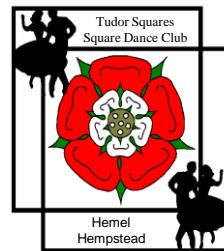


Square Dancing



Good for your HEART and good for your BRAIN

(according to the British Heart Foundation
and Carol Vorderman MBE)

Dancing for people who say they can't dance.

**Why not try out this fun, low intensity exercise
that quickly gets you dancing to a variety of music
and making new friends**

Come and try at the Highfield Community Centre,
Bellgate, Hemel Hempstead HP2 5SB

Just turn up on either Thursday 9th April or Thursday 16th
April or both. 8pm to 10pm. Taster sessions are free.
Classes start Thursday 23rd April and cost £4 per week.

- Couples or singles welcome.
- No previous dance experience necessary.
- No fancy footwork to learn.
- Walking to the beat of the music.
- Wear comfortable shoes.

*For further information contact: PaulGodley@Gmail.com or
Telephone 01442 258556*