


*For Fun, Friendship and Fitness...*

# TRY SQUARE DANCING!

***Hosted by Wadena Whirlaways***



*No special clothing or fancy footwork needed -  
if you can walk, you can learn to square dance!*

**Weekly sessions begin on Monday  
September 11, 2023 from 7-9pm at the  
Wadena County 4-H Building   
(400 Ash Ave NW, Wadena).**

*come try us out  
for FREE!*

**We welcome families, couples and solo  
dancers ages 8 to 80!**

**Call Linda (218-296-1641) or Jan  
(218-894-1821) with any questions**

## Square Dancing Helps:

<i>Your Heart</i>	<i>Memory</i>
<i>Stress Levels</i>	<i>Socialization</i>
<i>Brain Function</i>	<i>Physical Fitness</i>