

Oh the Possibilities . . .

**Fitness!  
Friendship!  
Energy!**

In the December issue of Prevention Magazine, on page 23 in the "Mailbag" section was a letter by a lady who turned 40 and was starting to get fit. She also wanted to know what she could do to keep herself motivated into her 50's and beyond.

The response was: "Have fun! You'll stay more active over a lifetime if you like what you are doing. You can walk in the woods, plant a garden, cycle, or swim," says James M Ripppe, MD. "Or try dancing: Line Dancing, Round Dancing, or Western Square Dancing can really keep you moving."

Another tip: "Find company. Studies show that if you exercise with a friend, you're more likely to stick with it." Says Jack Raglin PhD.

**LESSONS STARTING SOON**

No matter your age, you'll be glad you decided to take up square dancing!

For more information please contact our representatives (listed below) or the CONTACT LIST inside:

Akron Area Square & Round Dance Federation  
Ray Domm 330-854-4686

Greater Cleveland Federation of Dance Clubs, Inc  
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Miami Valley Dance Council  
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Midwestern Ohio Council Square & Round Dance Clubs  
David Edwards 419-224-4910

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**OHIO SQUARE AND ROUND DANCE CLUBS CONTACT LIST**  
<http://www.square dancing.com/ohio/>

**NOT A DANCER BUT WANT TO**

**BE?**  
See contact list inside.

**Lose Weight,  
Become more Physically Fit,  
And Reduce Stress  
While having the time of your Life!**

**Square Up  
And  
Trim Down**

*Western Square Dancing will add ten years to your life, a surprising new study shows. Look inside for . . .*

*The rest of the story*  
**LESSONS STARTING SOON**

May 2006

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<http://www.squaredancing.com/ohio/>

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