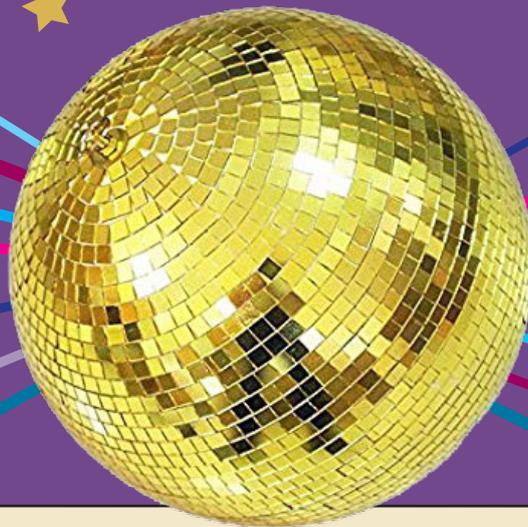


# *Strictly "Seated" Dancing!*

*Gentle dance and movement class*



**Starts 9 March at  
Burton Memorial Hall**

**Held on 2nd Monday of the month  
(Please note in April it is the 3rd Monday!)  
Come and have fun from 10.30 - 11.30am**

**Dance is an excellent way to exercise, socialise and  
have fun whilst moving to some well-known tunes -  
even sitting down!**

To find out more about these **FREE** sessions and to register your interest, please contact us  
on **01539 728118**. We will be happy to help.