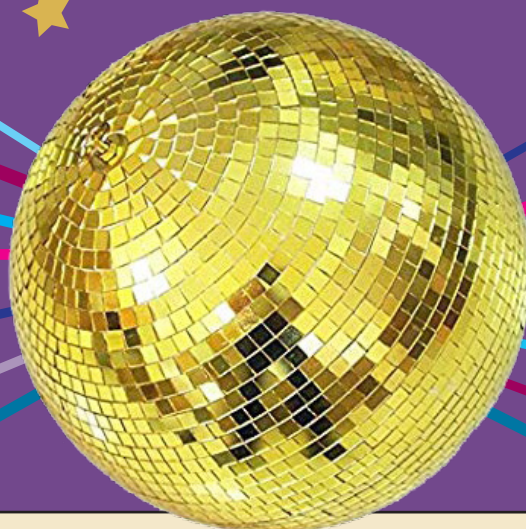


Strictly "Seated" Dancing!

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.