

# Wheel-N-Deals

## SQUARE DANCE CLUB

# Dance Open House

## General Public Invited

Children under 18 must be accompanied by an adult.

Square Dance will improve your balance, coordination, and stamina. Now, I hear you say, "I'm not coordinated," and "I'm not a very physically balanced person," or "I've never been a very good dancer." But Square Dance can and will change all that! There's just something about those endorphins, once they kick in, that you just want to keep dancing the whole night long.

Scientific studies say dance will protect your mind says Richard Powers, a full-time instructor at Sanford University's Dance Division—'dancing apparently can make us smarter. A British healthcare organization, BUPA, with more than ten million customers issued a report on the "health and well-being of dance". Dance is a physical activity, which is safe and relatively easy to do compared to other more structured physical activity.

VFW Post 3413  
1701 Hunter Rd  
San Marcos, Tx  
78666



WheelNDealsClub@gmail.com

Time: 6:30—8:00 p.m.

Free Sept 3 and 10.

Lessons begin Sept 17

\$80 for 20 weeks.

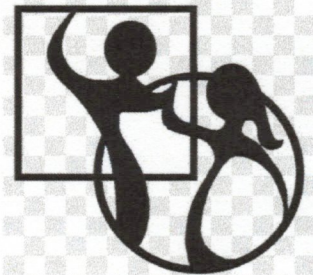
Public Open House

**FREE!**

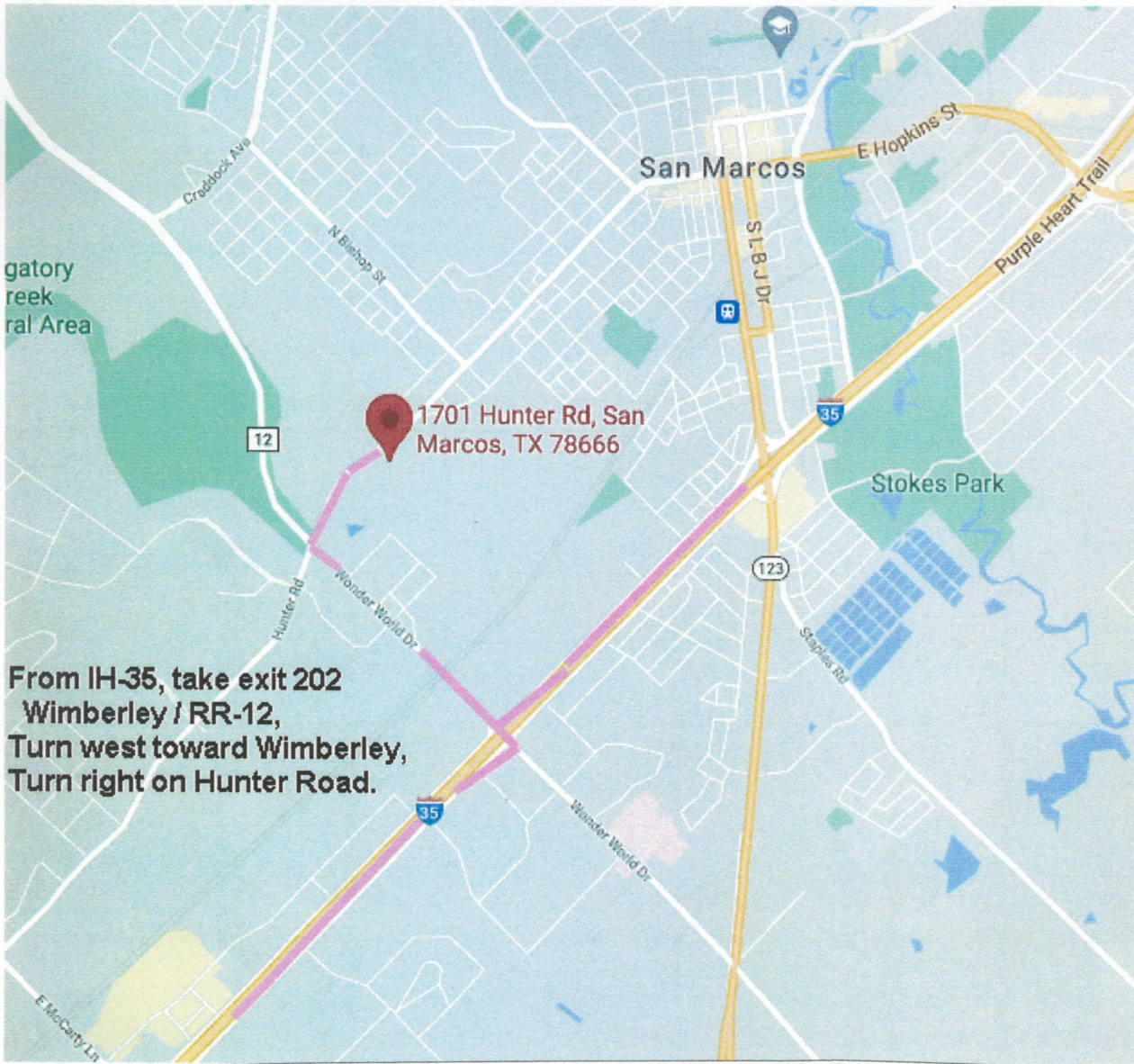
WHEEL-N-DEALS SQUARE DANCE CLUB

Easy to find. Plenty of parking!

Square Dancing since 1971







**From IH-35, take exit 202  
Wimberley / RR-12,  
Turn west toward Wimberley,  
Turn right on Hunter Road.**

VFW Post 3413, 1701 Hunter Rd. San Marcos, TX 78666