



Looking for a

- Fun and unique event with your friends
- Team building activity for your team or group
- Family reunion activity
- Activity for all ages

Contact the Square Dance Federation of Minnesota to schedule a **Dance Party!**

You provide the space and the people (at least 8) and we provide the caller and the “Angels” to help you learn a few calls and have a great dance party!



Contact Michelle or Brian for more information

Michelle president@squaredanceminnesota.com

Brian vicepresident@squaredanceminnesota.com

SQUARE DANCING IS...

- ✓ Physically energizing and mentally stimulating.
- ✓ A great way to have fun with friends and work as a team.
- ✓ Good for your health - It burns an average of 500 calories per hour.
- ✓ A great stress relief, relaxes your mind and loosens tense muscles.
- ✓ A Body & Brain Boost - dancers react to calls as they are given. This forces the body and brain to be tightly coordinated. Many of the calls are memorized which keeps the brain sharp.
- ✓ A great way to get your steps –It is estimated that a typical square dancer can expect to clock 9,000 to 10,000 steps per dance.
- ✓ A great way to strengthen your bones -The side to side movements of dancing strengthen weight-bearing bones, tibia, fibula, and femur, and help prevent the slow loss of bone mass.