

# BEGINNERS LINE DANCING

with Barbara



*Line dancing has been found to be extremely beneficial in preventing Dementia related illnesses, and is good for cardio-vascular exercise and improving bone density to help prevent Osteoporosis*

**MONDAYS 6 - 7pm FULLARTON**

Living Choice Retirement Village, 227/123 Fisher St (\$9)

**TUESDAYS 7 - 8.30pm KENSINGTON PARK**

Kensington Gardens RSL, 339 The Parade (\$12)

**THURSDAYS 10 - 11.30am COLONEL L.G.**

RSL Club, 4 Prince George Parade (\$12)

**THURSDAYS 12.45 - 1.45pm UNLEY**

Community Centre, 18 Arthur St (\$9)

**Phone: 0407 970 418**

Dancing with *Line Dancers of South Australia*  
Founded in 1993



[www.linedancersofsa.org](http://www.linedancersofsa.org) and also on Facebook

