

Chelmsford • Line Dancing



Improve Your Fitness and Have Fun with Dance Inspired Exercise

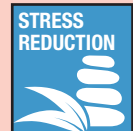
- Improve heart health
- Boost upper body and leg strength
- Reduce stress

9-week Program on Mondays

January 22 to March 26, 2018 (skipping February 19)

4:00 – 5:00 pm

Town Office Gym, LL



If you like to dance to country music, top 40, swing and everything in between then this class is for you. Come and dance to all the latest line dances being done around the world. This class offers a complete mix of music with emphasis on learning the basic terminology and basic steps of line dance.

- Free program open to all Town of Chelmsford employees; also open to all employee spouses on the Chelmsford MIIA health plan
- All levels of experience are welcome
- Please bring water bottle and wear comfortable clothing

Leader: Joe Steele, teacher of line dancing across Massachusetts for 20 years

Registration: Please register by January 17 with Mary Harrington at mharrington@mma.org or 617-426-7272 x278. Please let Mary know if you are a MIIA/Blue Cross member. Class size limited to 50. **Attend 8 of 9 sessions and receive 10 Well Power points redeemable on the ahealthyme website.**

Wellness Tip: Dancing is a unique exercise because it provides the heart-healthy benefits of aerobic exercise while allowing you to engage in a social activity. Line dancing is especially stimulating to the mind and can reduce the risk of dementia.

11.10.17

