

# *Mesa Checkmates Square Dance Club Invite you to*



## *Learn to Square Dance*

**Instructor:** Dan Nordbye  
National Caller

Square Dancing helps you keep fit  
Square Dancing is good for the Heart  
Square Dancing can Boost Brain Function  
Square Dancing is Great for Rehabilitation  
Square Dancing is a Great way to Socialize  
Square Dancing is a Great way to Relieve Stress  
Square Dancing makes you Happy



**Free** Classes start January 10, 2024

4:30-6:30pm

Crescent Run Ballroom, 8500 E Southern, Mesa  
Casual Dress

Info @ [MesaCheckmates.com](http://MesaCheckmates.com), or 408-489-5397