

YOUR PATH TO BETTER  
HEALTH & HAPPINESS?

## JUST DANCE!



- ★ Make Friends
- ★ LAUGH MORE
- ★ Easy Exercise
- ★ Reduce Stress
- ★ Brain Health

No partner required  
No experience needed  
Family friendly  
Casual clothing

## Free OPEN HOUSE

Sep 11th & 18th  
7:00pm - 9:00pm

## SQUARE DANCE!!

**Full Lessons Start:**  
**September 25, 2025**  
**Thursday Nights**  
**7:00pm - 9:00pm**



**Halina Activity Centre**  
(Back of the Vernon Rec Centre)  
34th Street and 35th Avenue  
Vernon, BC

**Call or Text:**  
**Roxy 250 540-9877**