



Dance - For Fun and Fitness!

Are you looking for a fun way to fit physical activity into your day?

Join local dance instructors, Angela Busby and Robyn Braha as they share the many benefits of dancing. Angela and Robyn will demonstrate some basic Salsa, Hip Hop and Belly Dancing 'moves'.

Do you have two left feet? Don't worry - this session is a great introduction and will have everyone up dancing their way to better health!

Admission is FREE and registration is not required.



Physical Activity - do it for life!

winnipeginmotion.ca

When: Friday, October 24, 2008
12:10 pm to 12:50 pm

Where: Millennium Library
Carol Shields Auditorium

